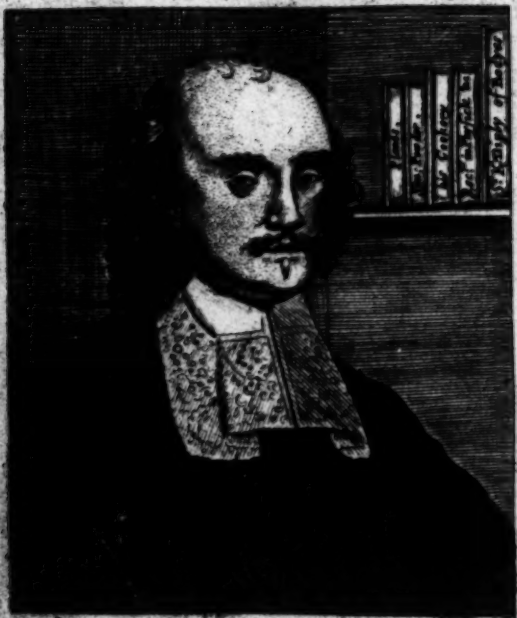


The truly Learned and Honorable
S^r. Kenelm Digby K^t. Chancellor
to the Q^{ueen}. Mother
Aged 62.

Griseyulph



The truly Learned and Honorable
S^r. Kenelm Digby K^t. Chancellor
to the Q^{ueen}. Mother
Aged 62.

Griseyulph

THE
CLOSET

Of the Eminently Learned
Sir Kenelme Digby Kt.
OPENED:

Whereby is DISCOVERED
Several ways for making of
Metheglin, Sider, Cherry-Wine, &c.
TOGETHER WITH

Excellent Directions
FOR
COOKERY:

As also for
Preserving, Conserving, Candyng, &c.

Published by his Son's Consent.

London, Printed by E. C. & A. C. for
H. Brome, at the West-End of
St. Pauls, 1671.

CELOS

OF THE BUREAU OF LANDS
Sir: Enclosed I beg to
O F E N D.

[illegible]

Excellent Directions

COCKERY

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Published by his son's Consent.

London, Printed by A. C. & A. C. for

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To the Reader.

To the Reader.

THis Collection full of pleasing variety, and of such usefulness in the Generality of it, to the Publick, coming to my hands, I should, had I forbore the Publication thereof, have trespassed in a very considerable concern upon my Countrymen; The like having not in every particular appeared in Print in the English Tongue. There needs no Rhetorick-
ing Floscules to set it off. The Author, as is well known, having been a Person of Eminency for his Learning, and of Exquisite Curiosity in his Researches, even that Incomparable Sir Kenelme Digby Knight, Fellow of the Royal Society, and Chancellour to the Queen Mother (Et omen in Nomine) His name does sufficiently Auspicate the work. I shall only therefore

A 2

adde;

To the Reader.

adde, That there is herein (as by the Table hereunto affix'd will evidently to thee appear) a sufficiency of Solids as well as Liquids for the satisfying the Curiosities of each or the nicest Palate; and according to that old Saw in the Regiment of Health, Incipe cum Liquido, &c. The Liquids premitted to the Solids, These being so excellent in their kind, so beneficial and so well ordered, I think it uphandsome, if not injurious, by the trouble of any further Discourse, to detain thee any longer from falling to; Fall to therefore, and much good may it do thee.

Farewel.

*A Receipt to make Matheglin as it is made at
Liege, Communicated by Mr. Masillon.*

TAKE one measure of Honey, and three measures of Water, and let it boil till one measure be boiled away, so that there be left three measures in all; as for example, take to one pot of Honey, three pots of Water, and let it boil so long, till it come to three pots. During which time you must skini it very well as soon as any scum riseth; which you are to continue till there rise no scum more. You may if you please, put to it some Spice, to wit, Cloves and Ginger; the quantity of which is to be proportioned according as you will have your Meath, strong or weak. But this you do before it begin to boil. There are some that put either yeast of Beer, or leaven of Bread into it, to make it work. But this is not necessary at all; and much less to set it into the Sun. Mr. Masillon doth neither the one nor the other. Afterwards for to run it, you must let it grow lukewarm, for to advance it. And if you do intend to keep your Meath a long time, you may put into it some hops on this fashion. Take to every Barrel of Meath a pound of Hops without leaves, that is, of ordinary Hops used for Beer, but well cleansed, taking only the flowers, without the green leaves and stalks. Boil this pound of Hops in a pot and half of fair water, till it come to one pot, and this quantity is sufficient for a barrel of Meath. A barrel at Liege holdeth ninety pots, and

a pot is as much as a wine-quart in *England*. (I have since been informed from *Luge*, that a pot of that Country holdeth 48 ounces of Apothecary's measure, which I judge to be a pottle according to *London* measure, or two wine-quarts.) When you tun your Meath, you must not fill your barrel by half a foot, that so it may have room to work. Then let it stand six weeks slightly stopped; which being expired, if the Meath do not work, stop it up very close. Yet must you not fill up the barrel to the very brim. After six months you draw off the clear into another barrel, or strong bottles, leaving the dregs, and filling up your new barrel, or bottles, and stopping it or them very close.

The Meath that is made this way, (*viz.* In the Spring, in the Month of *April* or *May*, which is the proper time for making of it) will keep many a year.

White Meiboglin of my Lady Hungerford: which is exceedingly praised.

Take your Honey, and mix it with fair water, until the Honey be quite dissolved. If it will bear an egg to be above the liquor, the breadth of a groat, it is strong enough; if not, put more Honey to it, till it be so strong: then boil it, till it be clearly and well skimmed: then put in one good handful of Strawberry-leaves, and half a handful of Violet-leaves, and half as much Sorrel; a dozen tops of Rosemary; four or five tops of Balm-leaves, a handful of Harts-tongue, and a handful of Liver-wort; a little Thyme, and a little Red-sage: let it boil about an hour, then put

put it into a wooden Vessel, where let it stand till it be quite cold; then put it into the barrel, then take half an ounce of Cloves, as much Nutmeg, four or five races of Ginger; bruise it, and put it into a fine bag, with a stone to make it sink, that it may hang below the middle; then stop it very close.

The Herbs and Spices are in proportion for six Gallons.

Since my Lady *Hungerford* sent me this Receipt, she sent me word, that she now useth (and liketh better) to make the Decoction of Herbs before you put the Honey to it. This proportion of herbs is to make six gallons of Decoction, so that you may take eight or nine gallons of water. When you have drawn out into your water, all the vertue of the herbs, throw them away, and take the clear Decoction (leaving the settlings) and when it is lukewarm, dissolve your proportion of Honey in it. After it is well dissolved and laved with strong arms, or wooden instruments, like Battle-doors or Scoops; boil it gently, till you have taken away all the scum; then make an end of well boiling it, about an hour in all. Then pour it into a wooden vessel, and let it stand till it be cold. Then pour the clear through a sieve of hair, ceasing pouring when you come to the foul thick setting. Turn the clear into your Vessel (without Barm) and stop it up close, with the Spices in it, till you perceive by the hissing that it begins to work. Then give it some little vent, else the barrel would break. When it is at the end of the working, stop it up close. She useth to make it at the end of Summer, when she takes up her Honey, and begins to drink it in Lent. But it will be better if you defer piercing it till next Winter. When part of the Barrel is drunk, she bottleth the rest, which maketh

It quicker and better. You clear the Decoction from the Herbs by a hair sieve.

Some notes about Honey.

The Honey of dry open Countries, where there is much wild Thyme, Rosemary, and Flowers, is best. It is of three sorts, Virgin-honey, Life-honey, and Stock-honey. The first is the best. The Life-honey next. The Virgin-honey is of Bees, that swarmed the Spring before, and are taken up in Autumn; and is made best by chusing the whitest Combs of the Hive, and then letting the Honey run out of them lying upon a Sieve without pressing it, or breaking of the Combs. The Life-honey is of the same Combs broken after the Virgin-honey is run from it: the Merchants of Honey do use to mingle all the sorts together. The first of a Swarm is called Virgin-honey. That of the next year, after the Swarm was hatched, is Life-honey. And ever after, it is Honey of Old-stocks. Honey that is forced out of the Combs, will always taste of Wax. *Hampshire* Honey is most esteemed at *London*. About *Bisle* there is excellent good. Some account *Norfolk* Honey the best.

Mr. Corcellises Antwerp Meath.

To make good Meath, good white and thick *Maslian* or *Prounce*-Honey is best; and of that, to four *Holland* pints (the *Holland* pint is very little bigger then the *English* Wine-pint:) of Water, you must put two pound of Honey: the Honey must be stirred in water, till it be all melted. If it be stirred about in warm water, it will melt so much the sooner.

When

When all is dissolved, it must be so strong, that an egg may swim in it with the end upwards. And if it be too sweet or too strong, because there is too much Honey; then you must put more water to it; yet so, that, as above, an Hens egg may swim with the point upwards; and then that newly added water must be likewise well stirred about, so that it may be mingled all alike. If the eggs sink (which is a token that there is not Honey enough) then you must put more Honey to it, and stir about, till it be all dissolved, and the eggs swim, as above-said. This being done, it must be hanged over the fire, and as it beginneth to seeth, the scum that doth arise upon it, both before and after, must be clean skimmed off. When it is first set upon the fire, you must measure it first with a stick, how deep the Kettle is, or how much liquor there be in it; and then it must boil so long, till one third part of it be boiled away. When it is thus boiled, it must be poured out into a cooler, or open vessel, before it be tunned in the Barrel; but the bung-hole must be left open, that it may have vent. A vessel which hath served for Sack is best.

To make excellent Meath.

To every quart of Honey, take four quarts of water. Put your water in a clean kettle over the fire, and with a stick take the just measure, how high the water cometh, making a notch, where the superficies toucheth the stick. As soon as the water is warm, put in your Honey, and let it boil, skimming it always, till it be very clean; then put to every gallon of water, one pound of the best blue raisins of the Sun, first clean picked from the stalks, and clean washed. Let them remain in the boiling liquor,

liquor, till they be thoroughly swoln and soft; then take them out, and put them into a hair bag, and strain all the juyce and pulp and substance from them in an Apothecaries press; which put back into your liquor, and let it boil, till it be consumed just to the notch you took at first, for the measure of your water alone. Then let your liquor run through a hair strainer into an empty wooden Fat, which must stand end-wise, with the head of the upper-end out; and there let it remain till the next day, that the liquor be quite cold. Then run it up into a good barrel, not filled quite full, but within three or four fingers breadth; (where Sack hath been, is the best) and let the bung remain open for six weeks with a double bolster-cloth lying upon it, to keep out any foulness from falling in. Then stop it up close, and drink not of it till after nine months.

This Meath is singularly good for a Consumption, Stone, Gravel, Weak-sight, and many more things. A chief Burgomaster of *Amsterd* used for many years to drink no other drink but this; at meals and all times, even for pledging of Healths. And though he were an old man, he was of an extraordinary vigour every way, and had every year a Child, had always a great appetite, and good digestion, and yet was not fat.

A mealy, but very pleasant Meath.

To every quart of Honey take six of water, boil it till one third be consumed, skimming it well all the while. Then pour it into an open Fat, and let it cool. When the heat is well slackened, break into a bowl full of this warm liquor, a new-laid egg, beating the yolk and white well with it; then put it

It into the Fat to all the rest of the liquor, and stir it well together, and it will become very clear. Then pour it into a fit very clean Barrell, and put to it some Mether of Wine, that is in its best fermentation or working, and this will make the liquor work also. This will be ready to drink in three or four months, or sooner.

An excellent white Meath.

Take one gallon of Honey, and four of water, boil and scum them till there rise no more scum, then put in your Spice a little bruised, which is most of Cinnamon, a little Ginger, a little Mace, and a very little Cloves. Boil it with the Spice in it, till it beas an egg. Then take it from the fire, and let it cool in a wooden Vessel, till it be but lukewarm; which this quantity will be in four or five, or six hours. Then put into it a hot toff of white bread, spread over on both sides, pretty thick with fresh barm; that will make it presently work. Let it work twelve hours, close covered with Cloves. Then run it into a Runlet wherein Sack hath been, that is somewhat too big for that quantity of liquor; for example, that it fill it not by a gallon, you may then put a little Limon-peel in with it. After it hath remained in the Vessel a week or ten days, draw it into Bottles. You may begin to drink it after two or three months; but it will be better after a year. It will be very spritely, and quick, and pleasant, and pure white.

A Receipt to make a Tun of Methelin.

Take two handfuls of Dock (*alias* wild Carrot) a reasonable burthen of Saxifrage, Wild-sage, Blue

Blue-button, Scabious, Betony, Agrimony, Wild-marjoram, of each a reasonable burthen; Wild-thyme a peck, Roots and all. All these are to be gathered in the Fields, between the two Lady-days in Harvest. The Garden-Herbs are these; Bay-leaves, and Rosemary, of each two handfals: A Sieve full of Avens, and as much Violet-leaves; a handful of Sage, three handfals of Sweet-Marjoram; three Rods of young Borage, leaves and all, that hath not born seed; two handfals of Parsley-roots, and all that hath not born seed; two Roots of Elecampane that have not seeded: two handfals of Fennel that hath not seeded; a peck of Thyme: wash and pick all your Herbs from filth and grass. Then put your Field-Herbs first into the bottom of a clean Furnace, and lay all your Garden-Herbs thereon; then fill your Furnace with cleau water, letting your Herbs seeth, till they be so tender, that you may easily slip off the skin of your Field-Herbs, and that you may break the roots of your Garden-herbs between your fingers. Then lade forth your liquor, and set it a cooling. Then fill your Furnace again with cleau water to these Herbs, and let them boil a quarter of an hour. Then put it to your first liquor, filling the Furnace, until you have sufficient to fill your Tun. Then as your liquor begins to cool, and is almost cold, set your servants to temper Honey and wax in it; Combs and all, and let them temper it well together, breaking the Combs very small; let their hands and nails be very clean, and when you have tempered it very well together, cleanse it through a cleansing Sieve into another clean Vessel: the more Honey you have in your liquor, the stronger it will be. Therefore to know when it is strong enough, rake two
new-

new-laid Eggs, when you begin to cleane, and put them in whole into the bottom of your cleane-
fed liquor; and if it be strong enough, it will cause
the Egg to ascend upward, and to be on the top as
broad as a six-pence; if they do not swim on the
top put more.

*The Countess of Bullingbrook's white
Meethglin.*

Take eight Gallons of Conduit-water, and boil
it very well; then put as much Honey in it, as will
bear an Egg, and stir it well together. Then set it
upon the fire, and put in the whites of four Eggs
to clarify it; and as the scum riseth, take it off
clean: then put in a pretty quantity of Rosemary,
and let it boil, till it tasteth a little of it; then
with a Scummer take out the Rosemary, as fast as
you can, and let it boil half a quarter of an hour;
put it into earthen pans to cool; next morning put
it into a barrel, and put into it a little barm, and
an ounce of Ginger scraped and sliced; and let it
stand a month, or six weeks. Then bottle it up
close; you must be sure not to let it stand at all in
Brass.

Mr. Webbe's Meath.

Master Webbe, who maketh the Kings Meath,
ordereth it thus. Take as much of Hyde-park water
as will make a Hoghead of Meath, boil in it
about two ounces of the best Hops for about half
an hour; by that time the water will have drawn
out the strength of the Hops. Then skim them
clean off, and all the froth, or whatever riseth of
the water; then dissolve in it warm, about one
part

part of honey to six of water: lave and beat it, till all the honey be perfectly dissolved: then boil it, beginning gently, till all the scum be risen, and scummed away. It must boil in all about two hours: half an hour before you end your boiling, put into it some Rosemary-tops, Thyme, Sweet-marjoram, one sprig of Mint, in all about half a handful, and as much Sweet-bryar leaves as all these; in all, about a handful of Herbs, and two ounces of sliced Ginger, and one ounce of bruised Cinnamon: He did use to put in a few Cloves and Mace; but the King did not care for them. Let all these boil about half an hour, then scum them clean away, and presently let the liquor run through a strainer-cloth into a Kiver of Wood, to cool and settle. When you see it is very clear and settled, lade out the liquor into another Kiver, carefully, not to raise the settlings from the bottom. As soon as you see any dregs begin to rise, stay your hand, and let it remain unstirred, till all be settled down. Then lade out the liquor again as before, and if need be, change it again into another Kiver: all which is done, to the end no dregs may go along with the liquor in running it into the Vessel. When it is cold and perfect clear, turn it into a Cask, that hath been used for Sack, and stop it up close, having an eye to give it a little vent, if it should work. If it cast out any foul liquor in working, fill it up always presently with some of the same liquor, that you have kept in bottles for that end. When it hath wrought, and is well settled (which may be in about two months, or ten weeks) draw it into glass Bottles, as long as it comes clear; and it will be ready to drink in a month or two; but will keep much longer, if you have occasion; and no dregs will be in the bottoms of the bottle.

He

He since told me, that to this proportion of honey and water, to make a Hoghead of Meath, you should boil half a pound of hops in the water, and two good handfuls of herbs, and six ounces of Spice of all sorts: all which will be mellowed and rotted away quite, (as well as the lusciousness of the Honey) in the space of a year or two. For this is to be kept so long before it be drunk.

If you would have it sooner ready to drink, you may work it with a little yeast, when it is almost cold in the Kiver, and run it up as soon as it begins to work, doing afterwards as is said before; but leaving a little vent to purge by, till it hath done working: or instead of yeast, you may take the yolks of four new-laid eggs, and almost half a pint of fine wheat-flower, and some of the liquor you have made, beat them well together, then put them to the liquor in the Cask, and stop it up close, till you see it needful to give it a little vent.

Note, that yeast of good Beer, is better then that of Ale.

The first of September 1663. Mr. ~~Table~~ came to my house to make some for me. He took forty three gallons of water, and forty two pounds of *Norfolk* honey. As soon as the water boiled, he put into it a slight handful of Hops, which after it had boiled a little above a quarter of an hour, he skimmed off; then put in the honey to the boiling water, and presently a white scum rose, which he skimmed off still as it rose; which skimming was ended in little above a quarter of an hour more. Then he put in his Herbs and Spices, which were these: Rosemary, Thyme, Winter-savory, Sweet-marjoram, Sweet-bryar-leaves, seven or eight li-

the

the Parsley-roots: there was most of the Savory, and least of the Belantine, three ounces of Ginger, one ounce and a half of Cinnamon, five Nutmegs (half an ounce of Cloyes he would have added, but did not) and these boiled an hour and a quarter longer; in all from the first beginning to boil, somewhat less then two hours: then he presently laded it out of the Copper into Coolers, letting it run through a hair sieve; and set the Coolers shelving (tilted up) that the liquor might afterwards run the more quietly out of them. After the liquor had stood so about two hours, he poured or laded out of some of the Coolers very gently, that the dregs might not rise, into other Coolers. And about a pint of very thick dregs remained last in the bottom of every Cooler. That which ran out was very clear: After two hours more settling (in a shelving situation) he poured it out again into other Coolers; and then very little dregs (or scarce any in some of the Coolers) did remain. When the liquor was even almost cold, he took the yolks of three new-laid eggs, a spoonful of fine white flower, and about half a pint of new fresh barm of good strong Beer (you must have care that your barm be very white and clean, not sullied and foul, as is usual among slovenly Brewers in *London*.) Beat this very well together, with a little of the liquor in a skimming dish, till you see it well incorporated, and that it beginneth to work. Then put to it a pailful (of about two Gallons and a half) of the Liquor, and mingle it well therewith. Then leave the skimming dish reversed floating in the middle of the liquor, and so the yeast will work up into and under the hollow of the dish, and grow out round about the sides without. He left this well and thick covered

vered all night, from about eleven a clock at
 night ; and the next morning , finding it had
 wrought very well, he mingled what was in the
 pail with the whole proportion of the liquor, and
 so tunned it up into a Sack-Cask. I am not sa-
 tisfied, whether he did not put a spoonful of fine
 white good Mustard into his Barm ; before he
 brought it hither, (for he took a pretext to look
 out some pure clean white Barm) but he protested,
 there was nothing mingled with the Barm ; yet I
 am in doubt. He confessed to me, that in making
 of Sider, he puts in half as much Mustard as Barm,
 but never in Meath. The fourth of September in
 the morning he bottled up into quart-bottles the
 two lesser Rundlets of this Meathe (for he did not
 the whole quantity into one large Rundlet, and
 two little ones) whereof the one contained thirty
 Bottles ; and the other, twenty two. There re-
 mained but little settling or dregs in the bottoms of
 the Barrells, but some there was. The Bottles
 were set into a cool Cellar, and he said they would
 be ready to drink in three weeks. The proportion
 of Herbs and Spices is this ; that there be so
 much as to draw the luscious sweetness of the
 honey ; but not so much as to taste of Herbs or
 Spice when you drink the Meath. But that the
 sweetness of the honey may kill their taste ;
 and so the Meathe have a pleasant taste ; but
 not of herbs, nor spice, nor honey. And therefore
 you put more or less, according to the time you
 will drink it in. For a great deal will be mellowed
 away in a year ; that would be ungratefully strong
 in three months. And the honey that will make
 it keep a year or two ; will require a triple pro-
 portion of spice and herbs. He commends Parsley-
 roots to be in greatest quantity ; belled whole, if
 young ;

young & but quartered, and pithed, if great and
old, is gubnall, gubnall you will see, begin
the in saw saw bottom of the very inguory
My new Considerations for making of Ale.

Boil what quantity of Spring-water you please,
three or four walms, and then let it settle twenty
four hours, and pour the clear from the settling.
Take sixteen gallons of the clear, and boil in it
ten handfuls of Eglantine-leaves, five of Liver-
wort, five of Scabious, four of Balm, four of
Rosemary, two of Bay-leaves, one of Thyme,
and one of Sweet-Marjoram, and five Eriogo-
roots splitted. When the water hath drawn out the
virtue of the herbs (which it will do in half an
hours boiling), let it run through a strainer or
sieve, and let it settle, so that you may pour the
clear from the dregs. To every three gallons of the
clear, take one of honey, and with clean arms
stripped up, lade it for two or three hours, to dis-
solve the honey in the water; lade it twice or thrice
that day. The next day boil it very gently to make
the scum rise, and scum it all the while, and now
and then pour to it a ladle full of cold water, which
will make the scum rise more; when it is very clear
from scum, you may boil it the more strongly, till
it be as an egg, very high, that the breadth of a
great pease of the water, and that it boil high
with great walms in the middle of the kettle;
which boiling with great bubbles in the middle is
a sign it is boiled to its height. Then let it cool till
it be black arms, at which time put some Ale-yeast
into it, to make it work as you would do Ale; and
then put it up into a fit Barrel first seasoned with
some good sweet White-wine (as Canary-Sack)
and keep the bung open till it hath done working,
filling

filling it up with some such honey-drink warmed, as you find it sink down by working over. When it hath almost done working, put into it a bag of thin stuff (such as Bakers use to bolt in) fastned by a cord at the bung, containing two parts of Ginger sliced, and one apiece of Cinnamon, Cloves, and Nutmegs, with a pebble-stone in it to make it sink, and stop it up close for six months or a year, and then you may draw it into bottles. If you like Cardamum-seeds, you may adde some of them to the spices. Some do like Mint exceedingly to be added to the other herbs. Where no yeast is to be had, the liquor will work if you set it some days in the hot Sun (with a cover, like the roof of a house over it, to keep wet out, if it chance to rain) but then you must have great care to fill it up, as it consumeth, and to stop it close a little before it hath done working, and to set it then presently in a cool Cellar. I am told that the leaven of bread will make it work as well as yeast, but I have not tried it. If you will not have it so strong, it will be much sooner ready to drink: as if you take six parts of water to one of honey. Some do like the drink better without either herbs or spices, and it will be much the whiter. If you will have it stronger, put but four gallons and a half of water to one of honey.

You may use what herbs or roots you please, either for their taste or vertue, after the manner here set down.

If you make it work with yeast, you must have great care to draw it into bottles soon after it hath done working, as after a fortnight or three weeks; for that will make it soon grow stale, and it will thence grow sowre and dead before you are aware. But if it work singly of it self, and by help of the

Sun without admixtion of either leaven or yeast, it may be kept long in the Barrel, so it be filled up to the top, and kept very close stopp'd.

I conceive it will be exceeding good thus: when you have a strong honey-liquor of three parts of water to one of honey; well boiled and scummed, put into it lukewarm, or better (as soon as you take it from the fire) some Clove-gilly-flowers, first wiped, and all the whites clipped off, one good handful or two to every gallon of liquor. Let these infuse 30 or 40 hours, then strain it from the flowers, and either work it with yeast, or set it in the Sun to work; when it hath almost done working, put into it a bag of like Gilly-flowers (and if they are duly dried, I think they are the better) hanging it in at the bung. And if you will put into it some spirit of Wine, that hath drawn a high tincture from Clove-gilly-flowers (dried, I conceive is best) and some other that hath done the like from flowers and tops of Rosemary, and some that hath done the like from Cinnamon and Ginger, I believe it will be much the nobler, and last the longer.

I conceive, that bitter and strong herbs, as Rosemary, Bays, Sweet-marjoram, Thyme, and the like, do conserve Meath the better and longer, being as it were instead of Hops. But neither must they, no more then Clove-gilly-flowers be too much boiled: For the volatile pure spirit flies away very quickly; therefore rather infuse them: Beware of infusing Gilly-flowers in any vessel of Metal, (excepting silver:) For all Metals will spoil and dead their colour. Glased earth is best.

Sack with Clove-gilly-flowers.

If you will make a Cordial liquor of Sack with Clove-gilly-flowers, you must do thus : Prepare your Gilly-flowers, as is said before, and put them into great double glass-bottles, that hold two gallons apiece, or more ; and put to every gallon of Sack, a good half pound of the wiped and cut flowers, putting in the flowers first, and then the Sack upon them. Stop the glasses exceeding close, and set them in a temperate Cellar : let them stand so, till you see that the Sack hath drawn out all the principal tincture from them, and that the flowers begin to look palish ; (with an eye of pale, or faint in colour.) Then pour the Sack from them, and throw away the exhausted flowers, or distil a spirit from them, for if you let them remain longer in the Sack, they will give an earthy taste to them. You may then put the tinted Sack into fit bottles for your use, stopping them very close. But if the season of the flowers be not yet past, your Sack will be better, if you put it upon new flowers, which I conceive will not be the worse, but peradventure the better, if they be a little dried in the shade. If you drink a glass or two of this Sack at a meal, you will find it a great Cordial.

Upon better consideration, I conceive the best way of making Hydromel with Clove-gilly-flowers is thus ; Boil your simple liquor to its full height (with three parts of water to one of honey) take a small parcel out, to make a strong infusion of flowers, pouring it boiling hot upon the flowers in earthen Vessels. If you have great quantity, as six to one, of liquor, you will easily draw out the tincture in fourteen or sixteen hours infusion ;

B 3

other-

otherwise you may quicken your liquor with a parcel of Sack. In the mean time make the great quantity of liquor work with yeast. When it hath almost done fermenting, but not quite; put the infusion to it warm, and let it ferment more if it will. When that is almost done, put to it a bag with flowers to hang in the bung.

I conceive that Hydromel made with Juniper-berries (first broken and bruised) boiled in it, is very good. Adde also to it Rosemary and Bay-leaves.

Upon trial of several ways, I conclude (as things yet appear to me) that to keep Meath long, it must not be fermented with yeast (unless you put Hops to it) but put it in the barrel, and let it ferment of it self, keeping a thick plate of lead upon the bung, to lie close upon it, yet so that the working of the liquor may raise it, to purge out the foulness, and have always some new made plain liquor, to fill it up as it sinks, warm while it works, but cold during three or four months after. Then stop the bung exceeding close; and when you will make your Mead with Cherries, or Morello-Cherries, or Raspes, or Bilberries, or Black Cherries, put their juyce to the liquor when you tun it, without ever boiling it therein; about one quart of juyce to every three or four gallons of liquor. You may squeeze out the clear juyce, and mingle it with the liquor, and hang the Magma in a bag in the bung. I think it is best to break the stones of the Cherries, before you put their Magma into the bag.

Since I conceive, that Clove-gilly-flowers must never be boiled in the liquor; that evaporateth their spirits, which are very volatile: but make a strong infusion of them, and besides hang a bag
of

of them in the bung. I conceive that it is good to
make the liquor pretty strong (not too much, but so
as the tast may be grateful) of some strong herbs, as
Rosemary, Bay-leaves, Sweet-marjoram, Thyme,
Broad-thyme, and the like. For they preserve the
drinks and make it better for the stomach and
head. Standing in the Sun is the best way of Fer-
mentation, when the drink is strong. The Root of
Angelica or Elecampant, or Fringe, or Orris,
may be good and pleasing, to be boiled in the li-
quor, Raspes and Cherries, and Bilberries are ne-
ver to be boiled, but their ioyte put into the li-
quor; when it is turning. Use only Morello cher-
ries (I think) for pleasure, and black ones for
health. I conceive it best to use very little spice in
any kind of Meaths.

*Metheglin composed by my self out of
sundry Receipts.*

In sixty gallons of water, boil ten handfulls of
Sweet-bay-leaves, Eye-bright, Liverwort, Agri-
mony, Scabious, Balm, Wood-betony, Strawber-
ry-leaves, Burnet, of each four handfulls; of Rose-
mary three handfulls; of Mint, Angelica, Bays,
and Wild-thyme, Sweet-Marjoram, of each two
handfulls, six Fringe-roots. When the water hath
taken on the vertue of the herbs and roots, let it
settle; and the next day pour off the cleare, and in
every three gallons of it boill one of honey, scum-
ming it well, and putting in a little cold water
now and then to make the scum rise; as also some
whites of eggs. When it is clear scummed, take it
off, and let it cool; then work it with Ale-yeast,
tun it up, and hang in it a bag with Ginger, Cin-
namon,

namon, Cloves, and Cardamom. And as it works
 out ever, put in some strong honey-drink warmed:
 When it works no more, stop it up close.

In twenty gallons of water, boil Sweet-bryar
 leaves, Bys-bright, Rosemary, Bays, Clove-gilly
 flowers, of each five handfulls; and four Eringo
 roots. To every two gallons and a half of this de-
 coction, put one gallon of honey, boil it, &c. When
 it is turned up, hang in it a bag containing five
 handfulls of Clove-gilly-flowers, and sufficient
 quantity of the Spices above.

In both these Receipts, the quantity of the
 herbs is too great. The strong herbs preserve the
 drink, and make it nobler. Use Marjoram and
 Thyme in little quantity in all.

My Lady Gowers white Meath

used at Salisbury.

Take to four gallons of water, one gallon of
 Virgin-honey; let the water be warm before you
 put in the honey, and then put in the whites of 3
 or 4 eggs well beaten, to make the scum rise. When
 the honey is thoroughly melted and ready to boil,
 put in an egg with the shell softly, and when the
 egg riseth above the water, to the bigness of a goat
 in sight, it is strong enough of the honey. The egg
 will quickly be hard, and so will not rise; there-
 fore you must put in another, if the first do not rise
 to your sight, you must put in more water and ho-
 ney proportionable to the first, because of wasting
 away in the boiling. It must boil near an hour.
 You may, if you please, hoil in it a little bundle
 of Rosemary, Sweet-marjoram, and Thyme;
 and when it tasteth to your liking, take it forth
 again.

again. Many do put Sweet-bryar-berries in it, which is held very good. When your Meath is boiled enough, take it off the fire, and put it into a Kiver; when it is blood-warm, put in some Ale-barni to make it work, and cover it close with a blanket in the working. The next morning run it up, and if you please put in a bag with a little Ginger and a little Nutmeg bruised, and when it hath done working, stop it up close for a month; and then bottle it.

Sir Thomas Gowers Meheglin for Health.

First boil the water and scum it, then to 12 gallons put 6 handfuls of Sweet-bryar-leaves, 4 of Sweet-marjoram, Rosemary, Thyme, of each one handful; flowers of Marigold, Borrage, Ringlost, Sage, each two handfuls. Boil all together very gently, till a third waste. To eight gallons of this put two gallons of pure honey, and boil them till the liquor bear an egg, the breadth of a three-pence or a groat, together with such spices as you like (bruised, but not beaten) an ounce of all is sufficient.

You must observe carefully, 1. Before you set the liquor to boil, to cause a lusty Servant (his arms well washed) to mix the honey and water together, labouring it with his hands at least an hour without intermission. 2. That when it begins to boil fast, you take away part of the fire, so as it may boil slowly, and the scum and dross go all to one side, the other remaining clear. When you take it off, let none of the liquor go away with the dross. 3. When you take it from the fire, let it settle well, before it be runned into the Vessel, wherein you mean to keep it; and when it comes
near

near the bottom; let it be taken carefully from the sediment with a thin dish, so as nothing be put into the vessel, but what is clear. 4. Stop it very close (when it is set in the place, where it must remain) cover it with a cloth upon which some handfuls of Bay-salt and Salt-peetre is laid, and over that lay clay, and a turf. 5. Put into it, when you stop it, some new-laid eggs, in number proportionable to the bigness of the vessel, shells unbroken: six eggs to about sixteen gallons. The whole egg-shell and all will be entirely consumed.

Metheglin for taste and colour,

Must be boiled as the other, if you intend to keep it above half a year, but less according to the time, wherein you mean to use it. You must put in no herbs, to avoid bitterness and discolouring; and the proportion of water and honey more or less, as you would drink it sooner or later; (as a gallon of honey to 4, 5, or 6 of water.) If to be weak, and to be soon drunk, you must when it is turned, put in a bit of bread (hard toasted) upon which half a score drops of spirit of yeast or barm is dropped; for want of it, spread it with purst barm beaten with a few drops of oil of cinnamon. If you intend to give it the taste of Raspes, then adde more barm, to make it work well, and during that time of working, put in your Raspes (or their syrrup) but the fruit gives a delicate colour, and syrrup a daller tincture. Drink not that made after the first manner, till six months, and it will endure drawing better than wine; but bottled, it is more spirited than any drink.

The spirit of Barm is made by putting store of water to the Barm; then distil the spirit, as you do

do other spirits; at last an oyl will come, which is not for this use.

Sir *Thomas Gower* maketh his ordinary drink thus: Make very small well brewed Ale; to eight gallons of this put one gallon of honey; when it is well dissolved and clarified, run up the liquor, making it work in due manner with burn: when it hath done working, stop it up close, and in three months it will be fit to drink.

He makes *Metheglin* thus: Make a good decoct of *Eglantine-leaves*, *Cowslip-flowers*, a little *Sweet-majoram*, and some *Rosemary* and *Bay-leaves*, *Betony*, and *Scabious*, and a little *Thyme*. After the sediment hath settled, put one third, one fourth, one fifth, or one sixth part of honey, (according as you would have it strong, and soon ready) to the clear severed from the settlement, and stir it exceeding well with stripped arms four or five hours; till it be perfectly incorporated. Then boil and scum it; let it then cool, and tun it up, &c. After it hath cooled, lade the clear from the settlement, so that it may not trouble it, and tun up the clear thus severed from the settlings. Much of the perfection consisteth in stirring it long with stripped arms before you boil it. Then to boil it very leisurely till all the scum be off. And order your fire so, that the scum may rise and drive all to one side. This will be exceeding pale, clear, and pleasant *Metheglin*. He useth to every gallon of water, a good handful of *Eglantine-leaves*, and as much *Cowslip-flowers*, but only a pugil of *Thyme* or *Marjoram*.

An excellent way of making white Methelin.

Take of *Sweet-bryar-berries*, of *Rosemary*,
broad

broad Thyme, of each a handful. Boil them in a quantity of fair water for half an hour; then cleanse the water from the herbs, and let it stand four and twenty hours, until it be thorow cold. Then put your honey into it (honey which floweth from the Combs of it self in a warm place is best) make it so strong of the honey that it bear an egg (if you will have it strong) the breadth of a groat above the liquor. This being done, lave and bounce it very well and often, that the honey and water may incorporate and work well together. After this boil it softly over a gentle fire, and scum it; then beat the whites of eggs with their shells, and put into it to clarify it. After this, put some of it into a vessel, and take the whites of two eggs, and a little barm, and a small quantity of fine flower; beat them well together, and put it into the vessel close covered, that it may work. Then pour the rest unto it by degrees, as you do Beer. At last take a quantity of Cinnamon, two or three races of Ginger, and two Nutmegs (for more will alter the colour of it.) Hang these in a little bag in the vessel. Thus made, it will be as white as any white wine.

Another way of making white Metheglin.

To three gallons of Spring-water take three quarts of honey, and set it over the fire, till the scum rise pretty thick. Then take off the scum, and put in Thyme, Rosemary, Hyssop, and Maiden-hair, of each one handful, and two handfuls of Eglantine-leaves, and half a handful of Organ. The Spices, Ginger, Nutmegs, Cinnamon, and a little Mace, and boil all these together near half an hour. Then take it from the fire, and let it stand
till

till it be cold, and then strain it, and so run it up, and stop it close. The longer you keep it, the better it will be.

Another way.

Take two gallons of water, one gallon of honey, Parietary one handful, Sage, Thyme, one Pugil, of Hylop half a Pugil, six Parsley-roots, one Fennel-root, the pith taken out: Red Nettles one Pugil, six leaves of Harts-tongue: boil these together one hour, then put in the Honey, and Nutmegs, Cloves, Mace, Cinnamon, of each one ounce, of Ginger three ounces: boil all these together, till the scum be boiled in, not scumming it. Then take it off, and set it to cool; when it is cold put in it six spoonfuls of barm, and when it is ripe it will hiss in the pail. You must take out the herbs when you put in the honey. If you put in these herbs following, it will be far better; Sanicle, Bugloss, Avens, and Ladies-mantle, of each one handful.

To make white Metheglin.

Take of Sweet-bryar a great handful, of Violet-flowers, Sweet-marjoram, Strawberry-leaves, Violet-leaves, ana one handful, Agrimony, Bugloss, Borrage, ana half a handful; Rosemary four branches, Gilly-flowers, No. 14. (the yellow wall-flowers, with great tops) Anniseeds, Fennel, and Caraway, of each a spoonful: two large Mace. Boil all these in twelve gallons of water for the space of an hour; then strain it, and let it stand until it be milk-warm: then put in as much honey, as will carry an egg to the breadth of six-pence

pence at least; then boil it again, and scum it clean; then let it stand until it be cold; then put a pint of Ale-barm into it, and ripen it as you do Beer, and tun it. Then hang in the midst of the vessel a little bag, with a Nutmeg quartered, a Race of Ginger sliced, a little Cinnamon, and Mace whole, and three grains of Musk in a cloth put into the bag amongst the rest of the Spices. Put a stone in the bag, to keep it in the midst of the liquor. This quantity took up three gallons of honey; therefore be sure to have four in readiness.

Strong Mead.

Take one measure of honey, and dissolve it in four of water, beating it long up and down with clean wooden ladders: the next day boil it gently, scumming it all the while till no more scum riseth; and if you will clarify the liquor with a few beaten whites of eggs, it will be the clearer. The rule of its being boiled enough is, when it yieldeth no more scum, and beareth an egg, so that the breadth of a groat is out of the water. Then pour it out of the kettle into wooden vessels, and let it remain there till it be almost cold. Then tun it into a vessel where Sack hath been.

A Receipt for making of Meath.

Take a quart of honey, and mix it with a gallon of Fountain-water, and work it well four days together, four times a day; the fifth day put it over the fire, and let it boil an hour, and scum it well; then take the whites of two eggs, and beat them to a froth, and put it into the liquor, stirring it well till the whites of eggs have raised a froth of
scum;

scum; then take it off, scumming the liquor cleane; then take a handful of Strawberry-leaves and Violet-leaves together, with a little sprig of Rosemary, and two or three little sprigs of Spike; and so boil it again (with these herbs in it) a quarter of an hour. Then take it off the fire, and when it is cold, put it into a little barrel, and put into it half a spoonful of Ale-yeast, and let it work; which done, take one Nutmeg sliced, and twice as much Ginger sliced, six Cloves bruised, and a little stick of Cinnamon, and sow these Spices in a little bag, and stop it well; and it will be fit for use within a fortnight, and will last half a year. If you will have your Metheglin stronger, put into it a greater quantity of honey.

My Lord Hollis's Hydromel.

In four parts of Spring-water dissolve one part of honey, or so much as the liquor will bear an egg to the breadth of a groat; then boil it very well, and that all the scum be taken away. He addeth nothing to it but a small proportion of Ginger sliced, of which he putteth half to boil in the liquor; after all the scum is gone; and the other half he putteth into a bag, and hangeth in the bung, when it is tunned. The Ginger must be very little, not so much as to make the liquor taste strongly of it, but to quicken it. I should like to adde a little proportion of Rosemary, and a greater of Sweet-bryar-leaves in the boiling. As also, to put into the barrel a roset of white bread with mustard to make it work. He puts nothing to it; but his own strength in time makes it work of it self. It is good to drink after a year.

A Receipt for white Metheglin:

Take to every quart of honey four, five, or six quarts of water; boil it on a good quick fire as long as any scum riseth: as it boils put about half a pint of water at a time very often; and scum it very well as it riseth; and be sure to keep it up to the same height and quantity as at the first: Put into it a little Rosemary, according to the quantity that you make, and boil it half a quarter of an hour; scum it very well: You may put a little Ginger into it, only to give it a taste thereof, and let it have a little walm of heat after it. Then take and put it into a wooden vessel, (which must be well scalded, lest it taste of any thing) let it stand all night; and the next morning strain it through a sieve of hair.

Then if you please you may boil up your grounds that are in the bottom of the vessel with three or four quarts of water; and when it is cold, strain it, to the rest, and put to it a little good light barm. That which you make in the Winter, you must let it stand three days and three nights covered up, before you bottle it up; and two nights in Summer; and then bottle it up. But be sure you scum off the barm before the boiling up.

Your vessel, which you intend to boil your Meath in, must stand in scalding water, whilst you boil your Meath; it will drink up the lees of your Meath: Four spoonfuls of good new Ale-barm will serve for five quarts of honey. As you desire your Metheglin in strength, so take at the first either of the quantities of water. Five quarts is reasonable.

*Hydromel as I made it weak for the
Queen-Mother.*

Take eighteen quarts of Spring-water, and one quart of honey ; when the water is warm, put the honey into it : when it boileth up, skim it very well, and continue skimming it as long as any scum will rise. Then put in one race of Ginger (sliced in thin slices) four Cloves, and a little sprig of green Rosemary. Let these boil in the liquor so long, till in all it have boiled one hour ; then set it to cool, till it be blood-warm ; and then put to it a Spoonful of Ale-yeast : when it is worked up, put it into a vessel of a fit size ; and after two or three days, bottle it up : You may drink it after six weeks, or two months.

Thus was the Hydromel made that I gave the Queen, which was exceedingly liked by every body.

Several ways of making Metheglin.

Take such quantity as you judge convenient of Spring, or pure Rain-water, and make it boil well half an hour ; then pour it out into a wooden Fat, and let it settle 74 hours : then pour off the clear, leaving the sediment in the bottom : Let such water be the liquor for all the several Honey-drinks you will make.

1. Warm sixteen gallons of this water (lukewarm) and put two gallons of honey to it, in a half tub, or other fit wooden vessel ; lave it very well with a clean arm, or wooden battledore for two or three hours ; dissolving the honey very well in the

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water.

water. Let it stand thus two or three days in wood, laving it thrice a day, a pretty while each time; then put it back into your Copper and boil it gently, till you have scummed away all the foulness that will rise, and clarify it with whites of eggs. Then put into it a little handful of cleansed and sliced white Ginger, and a little Mace: when they have boiled enough, put in a few Cloves bruised, and a stick of Cinnamon, and a little Limon-peel, and after a walm or two, pour the liquor into a wooden half tub, with the Spices in it. Cover it close with a Cloth and a Blanket, and let it stand so two days; then let the liquor run through a boulder, to sever the Spice, stopping before any settlings come: then pour this clear liquor into potile-bottles of glass, not filling them by a fingers breadth or more. Stop them close with Cork tied in, and set them in a cool place for six, seven, or eight weeks.

2. In forty gallons of the first boiled and settled water, boill five handfuls of Sweet-bryar-tops, as much of Cowslip-flowers, as much of Primrose-flowers, as much of Rosemary-flowers, as much of Sage-flowers, as many of Borage-flowers, as many of Buglois-flowers; two handfuls of the tops of Betony, four handfuls of Agrimony, and as many of Scabious; one handful of Thyme, as much of Sweet-marjoram, and two ounces of Mustard-seed bruised. When this hath boiled so long, that you judge the water hath drawn out all the vertue of the Herbs (which may be in half an hour) pour out all into a Vat to cool and settle. Scum away the herbs, and pour the clear from the sediment, and to every four gallons of liquor (lukewarm) put one gallon of honey, and lave it to dissolve the honey, letting it stand two or three days, laving it well thrice every day: then boil it till it will

will bear an egg high ; then clarify it with whites and shells of eggs , and pour it into a Vat to cool, which it will do in a days space or better. Whilst it is yet lukewarm, put Ale-yeast to it , (no more then is necessary) to make it work , and then tun it into a Rundlet of a fit size, that hath been seasoned with Sack ; and hang in it a boulder-bag, containing half a pound of white Ginger cleansed and sliced, three ounces of Cloves, and as much of Cinnamon bruised, as much Coriander-seed prepared, add as much Elder-flowers. As it purgeth and consumeth by running over the bung, put in fresh honey-liquor warmed, that you keep or make on purpose for that end. When the working is even almost at an end, stop it up close with clay and sand, and have great care to keep it always close stopped. After a year draw it into pottle glass-bottles stopped with ground stopples of glass, and keep them in a cool place, till they are ready to drink, if they as yet be not so.

Have a care that never any liquor stay in Copper longer than whilst it is to boil.

In twenty gallons of the first boiled and settled water, boil six handfuls of Sweet-bryar-leaves, as many of Cowslip-flowers, as many of Primrose-flowers, and as many of Rosemary-flowers, and half a handful of Wild-Thyme, during the space of a quarter or half an hour. Then take the clear, and dissolve it in a sixth part of honey, doing as above for the boiling and clarifying it. But boil is not to bear an egg, but only till it be well scummed and clarified ; then pour it into a wooden tub, and tun it with Ale-yeast, when it is in due temper of coolness, as you would do Ale-wort, and let it work (close covered) sufficiently. Then tun it up into a seasoned firkin, and put into it a toad of

C. 1

white

white bread spread with quick Mustard, and hang in it a boulder-bag containing loosely some Ginger, Cloves, and Cinnamon bruised, and a little Limon-peel and Elder-flowers, with a pebble-stone at the bottom, to make it sink towards the bottom, and fastned by a string coming out of the bung to hinder it from falling quize to the bottom. Stop the bung very close, and after six weeks or two months draw it into bottles.

4. In twenty gallons of boiled and settled water, boil a quarter of an hour ten handfuls of Sweet-bryar-leaves, and as many of Cowslips. Then let it cool and settle in wood, and take the clear; and to every four gallons of liquor, put one of honey, dissolving it as the others formerly set down. Boil it till no more scum rise, and that a fourth part be consumed. Then clarify it with whites of eggs and their shells, and make it work with yeast. After sufficient working run it up, hanging in it a bag with Ginger, Cloves, Cinnamon, and Limon-peel. Stop it very close, and after two or three months, draw it into bottles.

My Lady Morices Meab.

Boil first your water with your herbs: those she likes best, are, Angelica, Balm, Borage, and a little Rosemary (not half so much as of any of the rest) a handful of all together, to two or three gallons of water. After about half an hours boiling, let the water run through a strainer (to sever the herbs from it) into wooden or earthen vessels, and let it cool and settle. To three parts of the clear, put one or more of honey, and boil it till it bear an egg, leaving as broad as a shilling out of the water, skimming it very well: then pour it out into vessels,

as before ; and next day , when it is almost quite cold , pour it into a Sack-Cask , wherein you have first put a little fresh Ale-yeast , about two spoonfuls to ten gallons : hang in it a bag with a little sliced Ginger , but almost a porringer full of Cloves . Cover the bung lightly till it hath done working ; then stop it up close : You may tap and draw it a year or two after . It is excellent good .

My Lady Morice her Sister makes hers thus.

Dissolve your honey in the water till it bear an egg higher or lower , according to the strength you will have it of . Then put into it some Sea-wormwood , and a little Rosemary , and a little Sage ; about two good handfuls of all together , to ten gallons : When it hath boiled enough to take the vertue of the herbs , skim them out , and strew a handful or two of fine wheat-flower upon the boiling liquor .

This will draw all the dregs to it , and swim at the top , so that you may skim all off together : and this she holdeth the best way of clarifying the liquor , and making it look pale . Then pour it into vessels as above to cool ; let it stand three days , then tun it up into a Sack-Cask without yeast or spice , and keep it stopped till it work : then let it be open till it hath done working , filling it up still with other honey-drink : then stop it up close for a year or two . You may at first stop it so , that the strong working may throw out the stopple , and yet keep it close , till it work strongly . She saith that such a small proportion of Wormwood giveth it a fine quick taste , and a pale colour , with an eye of green . The Wormwood must not be so much , as to discern any the least bitterness in the taste ; but

that the composition of it with the Honey may give a quickness. The Rosemary and Sage must be a great deal less then the Wormwood. Sometimes she stoppeth it up close as soon as she hath tunned it, and lets it remain so for three months. Then pierce it and draw it into bottles, which stop well, and tis down the stopples. This will keep so a long time. She useth this way most. It makes the Meath drink exceeding quick and pleasant. When you pierce the Cask, it will flie out with exceeding force, and be ready to throw out the stopper and spigot.

To make white Meath.

Take Rosemary, Thyme, Sweet-bryar, Pennyroyal, Bays, of each one handfull; steep them four and twenty hours in a bowl of fair cold water covered close; next day boil them very well in another water, till the colour be very high; then take another water, and boil the same herbs in it, till it look green, and so boil them in several waters, till they do but just change the colour of the water. The first waters are thrown away; the last water must stand four and twenty hours with the herbs in it. The liquor being strained from them, you must put in as much fine honey till it will bear an egg; you must work and labour the honey with the liquor a whole day, till the honey be consumed; then let it stand a night a clearing. In the morning put your liquor a boiling for a quarter of an hour, with the whites and shells of six eggs. So strain it through a bag, and let it stand a day a cooling; so tun it up, and put it into the vessel in a linnen bag, Cloves, Mace, Cinhamon, and Nutmegs bruised all together. If you will have it to drink presently, take the whites of two or three eggs, of Barm a spoon-

spoonful, and as much of wheaten flower. Then let it work before you stop it, afterwards stop it well with Clay and Salt: a quart of honey to a gallon of liquor, and so proportionably for these herbs.

Sir William Paston's Meath.

Take ten gallons of Spring-water, and put therein ten pints of the best honey. Let this boil half an hour, and scum it very well; then put in one handful of Rosemary, and as much of Bay-leaves, with a little Limon-peel. Boil this half an hour longer, then take it off the fire, and put it into a clean tub, and when it is cool, work it up with yeast, as you do Beer. When it is wrought, put it into your vessel, and stop it very close. Within three days you may bottle it, and in ten days after it will be fit to drink.

Another pleasant Meath of Sir Will. Paston's.

To a gallon of water put a quart of honey, about ten sprigs of Sweet-Marjoram, half so many tops of Bays: boil these very well together; and when it is cold, bottle it up. It will be ten days before it be ready to drink.

Another way of making Meath.

Boil Sweet-bryar, Sweet-marjoram, Gloves and Mace in Spring-water, till the water taste of them. To four gallons of water put one gallon of honey, and boil it a little to skim and clarify it. When you are ready to take it from the fire, put in a little Limon-peel, and pour it into a wooden vessel, and let

it stand till it is almost cold. Then put in some Ale-yeast, and stir it all together: so let it stand till next day. Then put a few stoned Raisins of the Sun into every bottle, and pour the Meath upon them. Stop the Bottles close, and in a week the Meath will be ready to drink.

Sir Baynam Throckmorton's Meath.

Take four quarts of Honey, good measure; put to it four gallons of water; let it stand all night, but stir it well, when you put it together: the next day boil it, and put to it Nutmegs, Cloves, Mace, and Ginger, of each half an ounce: let these boil with the honey and water till it will bear an egg at the top without sinking; and then it is enough if you see the egg the breadth of a six-pence. The next day put it in your vessel, and put thereto two or three spoonfuls of Barm; and when it hath done working, you may (if you like it) put in a little Amber-greece in a clout with a stone to it to make it sink. This should be kept a whole year before it be drunk; it will drink much the better, free from any taste of the Honey, and then it will look as clear as Sack. Make it not till *Michaelmas*, and set it in a cool place. You may drink it a quarter old, but it will not taste so pleasant then, as when it is old.

To make white Meathbeglin.

Take a gallon of Honey, put to it four gallons of water, stir them well together, and boil them in a kettle, till a gallon be wasted with boiling and scumming. Then put it into a vessel to cool: when it is almost as cold as Ale-wort, then clear it out into another vessel: then put Barm upon it, as you do

do to your Ale, and so let it work. And then run it up into a Vessel, and put into it a bag with Ginger, Cloves, and Cinnamon bruised a little, and so hang the bag in the vessel, and stop it up very close, and when it hath stood a month or six weeks, bottle it up and so drink it. You may put in a little Limon-peel into some of your Metheglin, for those that like that taste; which most persons do very much.

A Receipt for making of Meath.

Mrs. Hedden telleth me, that the way of making Honey-drink in *Rassa* is thus; take for example 100 gallons of Spring-water, boil it a little; then let it stand 24 hours to cool, and much sediment will fall to the bottom; from which pour the cleary and warm it, and put twenty or five and twenty gallons of pure honey to it, and lade it a long time with a great wooden battledore, till it be well dissolved. The next day boil it gently, till you have skimmed off all the scum that will rise, and that it beareth an egg boyant. And in this liquor you must put, in the due time, a little quantity of Hops, about two handfuls, which must boil sufficiently in the liquor. Put this into the cooling Fat to cool two or three days. When it is about milk-warm, take white-bread and cut it into toasts, upon which (when they are hot) spread moderately thick some fresh sweet Ale-yeast, and cover the superficies of the liquor with such toasts: Then cover the Tub or Fat with a double coarse sheet, and a blanket or two, which tie fast about it. This will make your liquor work up highly. When you find it is near its height of working, and that the liquor is risen to the top of the Tub (of which it wanted 8 or 10 inches at first) skim off the toasts and yeast, and tun it up in a Hoghead;

Hoghead ; which stop close : but after 24 hours draw it into another barrel ; for it will leave a great deal of sediment. It will work again in this second barrel. After other 24 hours draw it into another barrel, and then it will be clear and pale like white-wine. Stop it up close, hanging a bag of bruised Spice in the bung, and after five or six months, it will be fit to drink. If you would have your Meath taste of Raspes, or Cherries (*Morelle*, sharp Cherries are the best) prepare the water first with them ; by putting five or six gallons of either of these fruits, or more into this proportion of water ; in which bruise them to have all their juyce : but strain the liquor from the Grains, or Seeds, or Stones : And then proceed with this tinted water, as is said above. Ye may make your liquor as strong as you like, of the fruit. Cardamom-seeds mingled with the suspended spices, add much to the pleasantness of the drink. Limon-peel, as also Elder-flowers.

My Lady Bellasilles Meath.

The way of making is thus. She boileth the Honey with Spring-water, as I do, till it be clear scummed ; then to every gallon of Honey put in a pound or two of good raisins of the Sun ; boil them well, and till the liquor bear an egg. Then put it into a Cowl, or Tub to cool. In about 24 hours it will be cool enough to put the yeast to it, being only lukewarm ; which do thus : spread yeast upon a large hot toast, and lay it upon the top of the liquor, and cover the Tub well, first with a sheet, then with coverlets, that it may work well. When it is wrought up to its height, before it begin to sink, put it into your barrel, letting it run through a loose open strainer, to sever the Raisins and dregs from it. Stop it

It up close, and after it hath been thus eight or ten days, draw it into bottles, and into every bottle put a cod of Cardamoms, having first a little bruised them as they lie in the cod; and opening the cod a little, that the liquor may search into it. Stop your bottles close, and after three or four months you may drink, and it will be very pleasant and quick, and look like white-wine.

Another Metheglin.

In every three gallons of water, boil Rosemary, Liverwort, Balm, *ana* half a handful, and Cowslips two handfuls: When the water hath sufficiently drawn out the vertue of the herbs, pour all into a Tub, and let it stand all night. Then strain it, and to every three gallons of the clear liquor (or two and a half, if you will have your drink stronger) put one gallon of Honey, and boil it till it bear an egg, scumming it till no more scum will rise: which to make rise the better, put in now and then a porringer full of cold water. Then pour it into a Tub, and let it stand to cool, till it be blood-warm, and then put by degrees a pint of Ale-yeast to it, to make it work. So let it stand three days very close covered. Then skim off the yeast, and put it into a seasoned barrel; but stop it not up close, till it have done hissing. Then either stop it very close, if you will keep it in the barrel, or draw it into bottles. Put into this proportion, Ginger sliced, Nutmeg broken, *ana* one ounce, Cloves bruised half an ounce in a bag, which hang in the bung with a stone in it to make it sink. You may add, if you please, to this proportion of water, or one gallon more, two handfuls of Sweet-bryar-leaves, and one of Berony.

My.

Mr. Pierce's Excellent white Metheglin.

In a Copper, that holdeth conveniently three Hogheads, or near so much, boil the best water, (as full as is fitting.) As soon as it boileth well and high, put to it four handfuls of Sweet-bryar-leaves, as much of Eye-bright; two handfuls of Rosemary, as much of Sweet-Marjoram, and one of broad Thyme. Let them boil a quarter of an hour: (He letteth them boil no longer, to preserve the colour of the Metheglin pale) then scum away the herbs, scumming also the water clear. Then lade out the water, (letting it run through a Ranch-Sieve) into a wide open vessel, or large Vat to cool, leaving the settlement and dregs. (He often leaves out the Eye-bright and Thyme, when he provideth chiefly for the pure taste; though the Eye-bright hurts it but little.) When it is blood-warm put the honey to it, about one part to four of water; but because this doth not determine the proportions exactly (for some honey will make it stronger then other) you must do that by bearing up an egg. But first, lave and scoop your mixture exceedingly, (at least an hour) that the honey be not only perfectly dissolved, but uniformly mixed throughout the water. Then take out some of it in a great wooden bowl or pail, and put a good number, (ten or twelve) new-laid eggs into it, and as round ones as may be; for long ones will deceive you in the swimming; and stale ones, being lighter then new, will emerge out of the liquor the breadth of a six-pence, when new ones will not a groats breadth. Therefore take you many, that you make a medium of their several emergings; unless you be certain, that they which you use, are immediately then laid and very round.

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The rule is, that a groats breadth (or rather but a three-pence) of the egg-shell must swim above the liquor; which then put again into your Copper to boil. It will be some while before it boil (peradventure a good quarter of an hour) but all that while scum will rise, which skim away still as it riseth; and it should be clear scummed by then it boileth: which as soon as it doth, turn up an hour-glass, and let it boil well a good hour. A good quarter before the hour is out, put to it a pound of white Ginger beaten exceedingly small and searfed (which will sever all the skins and coarse parts from the fine) which having boiled a quarter of an hour, so to make up the whole hour of boiling, pour out the liquor into wide open Vats to cool. When it is quite cold, put a pottle of new Ale-barm into a Pipe, or Butt, standing end-wise with his head out, and pour upon it a pailful of your cool liquor out of one of the Vats; which falling from high upon it with force, will break and dissipate the barm into atoms, and mix it with the liquor. Pour immediately another pailful to that, continuing to do so till all the liquor be in. Which by this time and this course will be uniformly mixed with the barm, and begin to work. Yet scoop and lade it well a while, to make the mixtion more perfect, and set the working well on foot. Then cover your Butt-head with a sheet only in Summer, but blankets in Winter; and let your liquor work about four and twenty hours or more. The measure of that is, till the barm (which is raised to a great head) beginneth a little to fall. Then presently scum off the thick head of the barm, but take not all away so scrupulously, but that there may remain a little white froth upon the face of the liquor. Which scoop and lade strongly, mingling all to the bottom, that
this

this little remaining barm may by this agitati-
 on be mixed anew with the whole. Then immedi-
 ately tun this liquor into two Hogsheads that have
 served for Spanish wine (be sure to fill them quite
 full) and there let it work two or three days; that
 is to say, till you see that all the feculent substance
 is wrought out, and that what runneth out, begin-
 neth to be clear, though a little whitish or frothy on
 the upper-side of the stream that runs down along
 the out-side of the hogshead. (If there should be
 a little more then to fill two hogsheads, put it in a
 Rundlet by it self.) Then take some very strong
 firm Paper, and wet it on one side with some of
 the barm that works out, and lay that side over the
 bung to cover it close. The barm will make it stick
 fast to the hogshead. This covering will serve for
 a month or two. Then stop it close with strong Cork
 fitted to the hole, with a linen about it, to press it
 fast in. But let a little vent with a peg in it be made
 in the hogshead, in some fit place above. This may
 be fit to broach in five or six months; but three
 weeks or a month before you do so, put into each
 hogshead half an ounce of Cinnamon, and two
 ounces of Cloves beaten into most subtile powder,
 (sometimes he leaves out the Cloves) which will
 give it a most pleasant flavor; and they (as the
 Ginger did) sink down to the bottom and never
 trouble the liquor. If they be put in long before
 (much more if they be boiled) they lose all their
 taste and Spirits entirely. This will last very well
 half a year drawing. But if you stay broaching it
 a year, and then draw it into bottles, it will keep
 admirable good three or four years, growing to be
 much better, then when broached at six months
 end. It will be purer if you first boil the water by
 it self, then let it settle four and twenty hours, and
 pour

pour the clear from the earthy sediment, which will be great, and dissolve your honey in that. You may Aromatise it with Ambergreece or Musk, or both (if you like them) by dissolving a very few Pastils in a Rundlet of this liquor, when you draw it into little vessels, (as he useth to do after five or six months) or with a few drops of the extract of them. This Metheglin is a great Balsom and strengthener of the *Visera*, is excellent in Colds, Coughs, and Consumptions. For which last they use to burn it (like wine) or rather only heat it. Then dissolve the yolk of an egg or two in a pint of it, and some fresh Butter, and drink it warm in the morning fasting. As it comes from the barrel or bottle, it is used to be drunk a large draught (without any alteration or admixtion, with a toast early in the morning (eating the toast) when they intend to dine late. Consider of making Metheglin thus with purified rain water (of the *Aequinox*) or Dew.

The handfuls of Herbs are natural large handfuls (as much as you can take up in your hand) not Apothecaries handfuls, which are much less. If a pottle of Barm do not make it work enough to your mind, you may put in a little more. Discretion and Experience must regulate that.

You may make small Meath the same way, putting but half the proportion of honey or less. But then after three weeks or a months barrelling you must bottle it.

*An excellent way to make Metheglin, called the
Liquor of Life, with these following In-
gredients.*

Take Bugloss, Borage, Hyssop, Organ, Sweet-
marjoram, Rosemary, French-cowslip, Colts-foot,
Thyme, Burnet, Self-heal, Sanicle a little; Betony,
Blue-buttons, Harts-tongue, Meads-sweet, Liver-
wort, Coriander two ounces, Bistort, Saint Johns-
wort, Licorise, two ounces of Caraways, two oun-
ces of Yellow-saunders, Balm, Bugle, half a pound
of Ginger, and one ounce of Cloves, Agrimony,
Tormenill-roots, Cumprey, Fennel-roots; Clowns-
all-heal, Maiden-hair, Wall-rue, Spleen-wort,
Sweet-oak, Pauls-betony, Mouse-ear.

For two Hogsheds of Metheglin, take two
handfuls apiece of each herb; excepting Sanicle;
of which you take but half a handful. You make
it in all things as the white Meath of Mr. Pierce's
is made, excepting as followeth. For in that you
boil the herbs but a quarter of an hour, that the
colour may be pale: But in this, where the deep-
ness of the colour is not regarded, you boil them a
good hour, that you may get all the vertue out of
them. Next for the strength of it; whereas in
that, an egg is to emerge out of the liquor but the
breadth of a three-pence; in this it is to emerge a
large groats breadth. Then in this you take but
half a pound of Ginger, and one ounce of Cloves.
Whereas the white hath one pound of Ginger, and
two ounces of Cloves. To this you use three quarts,
or rather more of Ale-yeast (fresh and new) and
when all your liquor is in a high slender tall pipe
with the narrowest circumference that may be
(which

(which makes it work better then a broad one; where the Spirits lose themselves) you have the yeast in a large noggin with a handle or pail, and put some of the liquor to it, and make that work; then pour it from pretty high unto the whole quantity in the pipe, and lade it strongly with that noggin five or six, or eight times, pouring it every time from high, and working it well together, that so every Atome of the yeast may be mingled with every Atome of the liquor. And this course (in this particular) you may also use in the white. It is best not to broach this, till a year be over after the making it.

To make good Metheglin.

Take to every gallon of Honey, three gallons of water, and put them both together, and set them over so soft a fire, that you may endure to melt and break the honey with your hands. When the honey is all melted, put in an egg, and let it fall gently to the bottom, and if the egg rise up to the top again of the liquor, then is it strong enough of the honey; but if it lie at the bottom, you must put in more honey, stirring of it till it do rise. If your honey be very good, it will bear half a gallon of water more to a gallon of honey. Then take Sweet-bryar, Rosemary, Bays, Thyme, Marjoram, Savory, of each a good handful, which must be tied up all together in a bundle. This proportion of herbs will be sufficient for twelve gallons of Metheglin; and according to the quantity you make of Metheglin, you must adde of your herbs or take away. When you have put these things together, set it upon a quick fire, and let it boil as fast as you can for half an hour; or better, skimming of it

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very

very clean, which you must clarify with two or three whites of eggs. Then take it off from the fire, and put it presently into some clean covers, and let it stand till the next morning; then pour the clear from the bottom and tun it up; putting in a little bag of such Spice as you like, whereof Ginger must be the most. After it hath stood some three or four days, you may put in some two or three spoonfuls of good Ale-yeast; it will make it ready the sooner to drink, if you let it work together before you stop it up.

The older the honey is, the whiter coloured the Metheglin will be.

To make white Metheglin of Sir J. Fortescue.

Take twelve gallons of water, one handful of each of these herbs, Eglantine, Rosemary, Parsley, Strawberry-leaves, Wild-thyme, Balm, Liverwort, Betony, Scabious; when your water begins to boil cast in your herbs, and let them boil a quarter of an hour: then strain it from the herbs. When it is almost cold, then put in as much of the best honey, as will make it bear an egg, to the breadth of two pence, and stir it till all the honey be melted. Then boil it well half an hour at the least, and put into it the whites of six eggs beaten to a froth to clarify it; and when it hath drawn all the scum to the top, strain it into wooden vessels. When it is almost cold, put barm to it, and when it worketh well, tun it into a well seasoned vessel, where neither Ale nor Beer hath been, for marring the colour; and when it hath done working, take a good quantity of Nutmegs, Mace, Cinnamon, Cloves, and Ginger bruised, and put it into a boulder-bag, and hang it in the barge.

If

If you will have it taste much of the spice, let it boil three or four walms in it, after you have put in the honey. But that will make it have a deep colour.

A Receipt for Meath.

To seven quarts of water, take two quarts of honey, and mix it well together; then let it on the fire to boil, and take three or four Parsley-roots, and as many Fennel-roots, and wash them clean, and slice them, and put them into the liquor, and boil all together, and skim it very well all the while it is a boiling; and when there will no more scum rise, then is it boiled enough; but be careful that none of the scum do boil into it. Then take it off, and let it cool till the next day, Then put it up in a close vessel; and put thereto half a pint of new good barm, and a very few Cloves pounded and put in a linnen-cloth, and tie it in the vessel, and stop it up close; and with in a fortnight it will be ready to drink: but if it stay longer, it will be the better.

My Lord Gorge his Meath.

Take a sufficient quantity of rain-water, and boil in it the tops of Rosemary, Eglantine, Betony, Strawberry-leaves, Wall-flowers, Borage, and Bugloss, of each one handful; one sprig of Baye, and two or three of Sage. Then take it off the fire, and put a whole raw egg into it, and pour so much honey to it, till the egg rise up to the top; then boil it again, skimming it very well, and so let it cool. Then turn it up, and put barm to it, that it may ferment well. Then stop it up, and hang

hang in it such Spices as you like best. It will not be right to drink under three or four months.

The Lady Vernon's White Metheglin:

Take three gallons of water (rain-water is best) boil in it broad Thyme, Rosemary, Pennyroyal, of each three handfals. Then put it into a stone pan to cool, and strain away the herbs; and when it is cold, put in one quart of honey, and mix it very well; then put to it one Nutmeg, a little Cinnamon, Cloves, and Ginger; some Orange and Limon-peels. Then boil and scum it very well, while any scum will rise. Then put in your Spices, and try with a new-laid egg; and the stronger it is, the longer you may keep it; and if you will drink it presently, put it up in bottles, and rub the corks with yeast, that it may touch it; and it will be ready in three or four days to drink. And if you make it in the Spring, put no Spices; but Cloves and Cinnamon; and adde Violets, Cowslips, Marigolds, and Gillyflowers; and be sure to stop your vessel close with cork; and to this put no yeast, for the Clove-gillyflowers will set it to work.

Several sorts of Meath Small and strong.

1. *Small* Take ten gallons of water; and five quarts of honey; with a little Rosemary, more Sweet-bryar, some Balm, Burnet, Cloves, less Ginger, Limon-peel. Tun it with a little Barm; let it remain a week in the Barrel with a bag of Elder-flowers; then bottle it.

2. *Small* Take ten quarts of water, and one of honey, Balm a little, Mint, Cloves, Limon-peel, Elder-

Elder-flowers, a little Ginger; wrought with a little yeast, bottle it after a nights working.

3. *Strong.* Take ten gallons of water, thirteen quarts of honey, with Angelica, Borage, and Bugloss, Rosemary, Balm, and Sweet-bryar; pour it into a barrel, upon three spoonfuls of yeast; hang in a bag Cloves, Elder-flowers, and a little Ginger.

4. *Very strong.* Take ten gallons of water, and four of Honey, with Sea-wormwood, a little Sage, Rosemary; put it in a barrel, after three days cooling. Put no yeast to it. Stop it close, and bottle it after three or four months.

5. *Very strong.* To ten gallons of water take four of Honey; clarify it with flour, and put into it Angelica, Rosemary, Bay-leaves, Balm: barrel it without yeast. Hang in a bag Cloves, Elder-flowers, a little Ginger.

6. *Very strong.* Take ten gallons of water, and four of Honey; boil nothing in it: barrel it when cold, without yeast. Hang in it a bag with Cloves, Elder-flowers, a little Ginger and Limon-peel; which throw away when it hath done working, and stop it close. You may make also strong and small by putting into it Orris-roots; or with Rosemary, Betony, Bye-bright, and Wood-sorrel; or adding to it the tops of Hypericon, with the flowers of it; Sweet-bryar, Lilly of the Valley.

To make Meath.

Take three gallons of water, a quart of Honey, if it be not strong enough you may adde more; boil it apace an hour, and scum it very clean; then take it off, and set it a working at such heat as you set Beer, with good yeast: then put it in a rundlet,

and at three days end draw it out in stone bottles
into every one put a piece of Limon peel, and
two Cloves. It is only put into the rundle whilst it
worketh, to avoid the breaking of the bottles.

Dr. John Arundels white Mead.

Take three gallons of Honey, and twelve gal-
lons of water; mix the Honey and water very
well together, till the Honey is dissolved; so let
it stand twelve hours. Then put in a new-laid egg;
if the liquor beareth the egg, that you see the
breadth of a groat upon the egg dry you may set it
over the fire: If it doth not bear the egg, then you
must add a quart or three pints more to the rest;
and then set it over the fire, and let it boil gently,
till you have skimmed it very clean, and clarified
it, as you would do Sugar with the whites of
three new-laid eggs. When it is thus made clear
from all scum, let it boil a full hour or more, till
the fourth part of it is wasted; then take it off the
fire, and let it stand till the next day. Then put it
into a vessel. When it hath been in the barrel five
or six days, make a white toast, and dip it into
new yeast, and put the toast into the barrel, and
let it work. When it hath done working, stop it
up very close. This keep three quarters of a year.
You may drink it within half a year, if you please.
You may add in the boiling of what herbs you
like the taste, or what is Physicall.

To make Meibeg'in.

Take eight gallons of water, and set it over a
clear fire in a kettel; and when it is warm, put in
so it sixteen pound of very good Honey; stir it
well

well together, till it be all mixed; and when it boileth take off the scum, and put in two large Nutmegs cut into quarters, and so let it boil at least an hour. Then take it off, and put into it two good handfuls of grinded Mault, and with a white staff keep beating it together, till it be almost cold: then strain it through a hair sieve into a tub, and put to it a wine pint of Ale-yeast, and stir it very well together; and when it is cold, you may if you please, tun it up presently in a vessel fit for it, or else let it stand and work a day: and when it hath done working in your vessel, stop it up very close. It will be three weeks or a month before it will be ready to drink.

To make white Meath.

Take six gallons of water, and put in six quarts of honey, stirring it till the Honey be thoroughly melted; then set it over the fire, and when it is ready to boil, skim it very clean: Then put in a quarter of an ounce of Mace, so much Ginger, half an ounce of Nutmegs, Sweet-majoram, Broad-thyme, and Sweet-bryar, of all together a handful, and boil them well therein: then set it by till it be through cold, and then barrel it up, and keep it till it be ripe.

To make a Meath good for the Liver and Lungs.

Take of the roots of Colts-foot, Fennel, and Fearn, each four ounces; of Succory-roots, Sorrel-roots, Strawberry-roots, Bittersweet-roots, each two ounces, of Scabious-roots, and Blecampane-roots, each an ounce and a half: Ground-ivy, Hore-hound, Oak of *Jerusalem*, Lung-wort,

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Liver-

Liver-wort, Maiden-hair, Harts-tongue, of each two good handfuls, Licorice four ounces, Jujubes, Raisins of the Sun and Currans, of each two ounces; let the roots be sliced, and the herbs be broken a little with your hands; and boil all these in twenty quarts of fair running water: or, if you have it, in rain-water, with five pints of good white Honey, until one third be boiled away: then pour the liquor through a jelly bag often upon a little Coriander-seeds, and Cinnamon; and when it runneth very clear, put it into bottles well stopp'd, and set it to cool for your use, and drink every morning a good draught of it, and at five in the afternoon.

To make white Metbeglin.

Put to three gallons of Spring-water, one of Honey; first let it gently melt, then boil for an hour, continually skimming it; then put it into an earthen or a wooden vessel, and when it is a little more than blood-warm, set it with Ale-yeast, and so let it stand twelve hours. Then take off the yeast, and bottle it up. Put into it Limon-peel and Cloves, or what best pleaseth your taste of Spice or Herbs. Eringo-roots put into it when it is boiling maketh it much better.

Note, That if you make Hydromel by fermentation in the hot Sun (which will last about forty days, and requireth the greater heat) you must take it thence before it be quite ended working; and stop it up very close, and set it in a cold Cellar, and not pierce it in two months at the soonest. It will be very good this way, if you make it so strong as to bear an egg very boyant. It is best made by taking all the Capicular days into your fermentation.

A very good Meath.

Put three parts of water to one of Honey. When the Honey is dissolved, it is to bear an egg boyant. Boil it and skim it perfectly clean. You may boil in it Pellitory of the wall, Agrimony, or what herbs you please. To every ten gallons of water, take Ginger, Cinnamon, *ana* one ounce, Nutmegs half an ounce; divide this quantity (sliced and bruised) into two parts. Boil the one in the Meath, severing it from the liquor, when it is boiled, by running through a strainer; and hang the other parcel in the barrel by the bung in a bag with a bullet in it. When it is cold run it, and then you may work it with barm if you please; but it is most commended without.

To make white Aderbeglin.

Take the Honey-combs that the Honey is run out from them, and lay them in water over night; next day strain them, and put the liquor to boiling; then take the whites of two or three eggs, and clarify the liquor. When you have so done, skim it clean. Then take a handful of Penny-royal, four handfuls of Angelica, a handful of Rosemary, a handful of Borage, a handful of Maiden-hair, a handful of Harts-tongue; of Liver-wort, of Water-creflex, of Scurvy-grass, *ana* a handful; of the roots of Marshmallows, Parsley, Fennel, *ana* one ounce. Let all these boil together in the liquor, the space of a quarter of an hour. Then strain the liquor from them, and let it cool, till it be blood-warm. Put in so much honey, until an egg swim on it; and when your Honey is melted, then put it into the Barrel.

When

When it is almost cold, put a little Ale-barm to it ; and when it hath done working, put into your barrel a bag of Spice, of Nutmegs, Ginger, Cloves, and Mace, and Grains good store ; and if you will, put into a Lawn-bag two grains of Ambergreece, and two grains of Musk, and fasten it in the mouth of your barrel, and so let it hang in the liquor.

A most excellent Metheglin.

Take one part of Honey to eight parts of Rain or River-water ; let it boil gently together, in a fit vessel, till a third part be wasted, skimming it very well. The sign of being boiled enough, is, when a new-laid egg swims upon it. Cleanse it afterwards by letting it run through a clean linen cloth, and put it into a wooden Rundlet, where there hath been wine in, and hang in it a bag with Mustard-seeds by the bung, that so you may take it out, when you please. This being done, put your Rundlet into the hot Sun, especially during the Dog-days (which is the only time to prepare it) and your Metheglin will boil like Malt ; after which boiling, take out your Mustard-seeds, and put your vessel well stopped into a Cellar. If you will have it the taste of wine, put to thirty measures of Hydromel, one measure of the juyce of Hops, and it will begin to boil without any heat. Then fill up your vessel, and presently after this ebullition you will have a very strong Metheglin.

To make white Metheglin of the Countess of Dorset.

Take Rosemary, Thyme, Sweet-bryar, Penyroyal,

al, Bays, Water-creffes, Agrimony, Marsh-mallow-leaves, Liver-wort, Maiden-hair, Betony, Eye-bright, Scabious, the bark of the Ash-tree, Eringeroots, Green-wild Angelica, Ribwort, Sanicle, Roman-wormwood, Tamarisk, Mother-thyme, Salsifras, Phillpendula, of each of these herbs a like proportion, or of as many of them as you please to put in. But you must put in all but four handfuls of herbs, which you must steep one night, and one day, in a little bowl of water, being close covered; the next day take another quantity of fresh water, and boil the same herbs in it, till the colour be very high; then take another quantity of water, and boil the same herbs in it, until they look green; and so let it boil three or four times in several waters, as long as the liquor looketh any thing green. Then let it stand with these herbs in it a day and night. Remember the last water you boil it in to this proportion of herbs, must be twelve gallons of water, and when it hath stood a day and a night, with these herbs in it, after the last boiling, then strain the liquor from the herbs, and put as much of the finest and best Honey into the liquor, as will make it bear an egg. You must work and labour the Honey and liquor together one whole day, until the Honey be consumed. Then let it stand a whole night, and then let it be well laboured again, and let it stand again a clearing, and so boil it again a quarter of an hour, with the whites of six new-laid eggs with the shells, the yolks being taken out, to scum it very clean, and let it stand a day a cooling. Then put it into a barrel, and take Cloves, Mace, Cinnamon, and Nutmegs, as much as will please your taste, and beat them all together; put them into a linnen bag, and hang it with a thread in
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the barrel. Take heed you put not too much Spice in; a little will serve. Take the whites of two or three new-laid eggs; a Spoonful of Barm, and a Spoonful of wheat-floure, and beat them all together, and put it into your liquor into the barrel, and let it work before you stop it. Then afterwards stop it well, and close it well with clay and Salt tempered together, and let it be set in a close place; and when it hath been settled some six weeks, draw it into bottles, and stop it very close, and drink it not a month after: but it will keep well half a year, and more.

Another way to make white Methueglin.

Take ten gallons of water, then take six handfals of Sweet-bryar; as much of Sweet-marjoram, and as much of Muscovy. Three handfals of the best Broad-thyme. Boil these together half an hour; then strain them, then take two gallons of English Honey, and dissolve it in this hot liquor, and brew it well together; then set it over the fire to boil again, and skim it very clean; then take the whites of thirty eggs well beaten, and put them into the liquor, and let it boil an hour; then strain it through a jelly bag, and let it stand four and twenty hours cooling: then put it up in a vessel. Then take six Nutmegs, six fair Races of Ginger, a quarter of an ounce of Cloves, half an ounce of Cinnamon; bruse all these together, and put them into a linen bag, with a little Pebble-stone to make it sink. Then hang it in the vessel. You may add to it if you please, two grains of Ambergreece, and one grain of Musk. Stop the vessel with a Cork, but not too close,

close for six days; then taste it, and if it taste enough of the Spice, then take out the bag; if not, let the bag hang in it, and stop it very close, and meddle with it no more. It will be ready to drink in nine or ten weeks.

A Receipt to make good Meath.

Take as many gallons of water, as you intend to make of Meath, and to every gallon put a quart of honey, and let it boil till it bear an egg. To every gallon you allow the white of an egg, which white you must remove and break with your hands, and put into the Kettle, before you put it over the fire. Before it boileth, there will arise a skum, which must be taken off very clean, as it riseth. Put to every gallon two Nutmegs sliced, and when it hath boiled enough, take it off, and set it a cooling in clean wort-vessels: and when it is as cold as wort, put in a little barm, and work it like Beer, and when it hath done working, stop it up, and let it stand two months.

Another to make Meath.

To every quart of Honey allow six wine quarts of water; half an ounce of Nutmegs, and the peel of a Limon, and the meat of two or three, as you make the quantity. Boil these together, till the skum rise no more: It must stand till it be quite cold, and when you tun it, you squeeze into it the juce of some Limons, and this will make it ripen quickly. It will be ready in less than a month.

Another

Another Receipt.

Take twelve gallons of water, a handful of Muscovy (which is an herb that smellēth like Musk) a handful of Sweet-marjoram, and as much of Sweet-bryar. Boil all these in the water, till all the strength be out. Then take it off, and strain it out, and being almost cold, sweeten it with Honey very strong, more then to bear an egg, (the meaning of this is, that when there is Honey enough to bear an egg, which will be done by one part of Honey to three or four quarts of water: then you add to it a pretty deal of Honey more, at least one quarter, or one third of what you did put in at first to make it bear an egg; then it is to be boiled and scummed: when it is thus strong, you may keep it four years before you drink it. But at the end of two years you may draw it out into bottles) just above it, else it will not keep very long, for the more Honey the better. Then set it over the fire till it boils, and scum it very clean. Then take it from the fire, and let it stand till it be cold: then put it into your vessel. Take Mace, Cloves, Nutmegs, Ginger, of each a quarter of an ounce: beat them small, and hang them in your vessel (being stopped close) in a little bag.

Note, when any Meath or Metheglin grows hard or sowre with keeping too long, dissolve in it a good quantity of fresh Honey, to make it pleasantly sweet; (but boil it no more, after it hath once fermented, as it did at the first running) and with that it will ferment again, and become very good, pleasant, and quick.

To make Metbeglin.

Take of Rosemary three handfuls, of Winter-savory a peck by measure, Organ, and Thyme as much, White-wort two handfuls, Blood-wort half a peck, Hyssop two handfuls, Marigolds, Borage, Fennel, of each two handfuls, Strawberries and Violet-leaves, of each one handful; of Harts-tongue, Liverwort a peck, Ribwort half a peck, of Eglantine with the roots, a good quantity; Worm-wood as much as you can gripe in two hands; and of Sorrel, Mead-sutt, Betony with the Roots, Blue-bottles with the Roots, the like quantity; of Eye-bright two handfuls, Wood-bine one handful. Take all these herbs, and order them so, as that the hot herbs may be mastered with the cool. Then take the small herbs, and put them into the Furnace, and lay the long herbs upon them. Then take a weight or stone of Lead, having a Ring, whereunto fasten a stick to keep down the herbs into the Furnace; then boil your water and herbs three or four hours, and as the water doth boil away, add more. Then take the water out of the Furnace seething hot, and strain it through a Range-sieve; then put in the Honey, and mash it well together; then take your Sweet-wort, and strain it through a Range. Then try it with a new-laid egg. It must be so strong as to bear an egg the breadth of a goat above the liquor; and if it doth not, then put in more honey, till it will bear the Egg. Then take the Liquor, and boil it again; and as soon as it doth boil, skim the froth very clean from it: then set it a cooling, and when it is cold, then put it into a Kive, and put barm thereto, and let it work the space of a Week; Then tun it up, but be careful when it is tunned, that the

vessels

vessels be not stopped up, till it hath done hissing.

Another sort of Metheglin.

Take to one part of Honey three parts of water, and put them into clean vessels, mixing them very well together, and breaking the Honey with striped arms, till it be well dissolved. Then pour out your liquor into a large Kettle, and let it boil for two hours and a half, over a good fire, skimming it all the while very carefully, as long as any scum riseth. When it is boiled enough, pour out your liquor into clean vessels, and set it to cool for four and twenty hours. Afterwards put it into some rundlets, and cover the bung with a piece of lead: have a care to fill it up always with the same boiled liquor for three or four months, and during the time of working. This Meath the older it is, the better it is; but if you will have your Meath red, then take twenty pound of black Currans, and put them into a vessel, and pour your liquor on them. Of this Honey-liquor you cannot drink till after nine months or a year.

My Lord Herber's Meath.

Take ten gallons of water, and to every gallon of water a quart of Honey, a handful and a half of Rosemary, one ounce of Mace, one ounce and a half of Nutmegs, as much Cinnamon, half an ounce of Cloves, a quarter of a pound of Ginger scraped and cut in pieces. Put all these into the water, and let it boil half an hour; then take it off the fire, and let it stand, till you may see your shadow in it. Then put in the Honey, and set it
upon

upon the fire again. Then take the shells and whites of a dozen eggs, and beat them both very well together ; and when it is ready to boil up, put in your eggs and stir it ; then skim it clean and take it off the fire, and put it into vessels to cool, as you do wort. When it is cold, set it together with some barm, as you do Beer. When it is put together leave the settlings behind in the bottom ; as soon as it is white over, run it up in a vessel, and when it hath done working, stop it up as you do Beer. When it is three weeks old, it will be fit to bottle or drink.

Another white Meath.

Take three pound of white Honey ; or the best *Hampshire-Honey*, and dissolve it in a gallon of water, and then boil it ; and when it beginneth first to boil, put into it half a quarter of an ounce of Ginger a little bruised, and a very little Cloves and Mace bruised, and a small quantity of Agrimony. Let all this boil together a full hour, and keep it constantly skimmed, as long as any scum will rise upon it. Then strain it forth into some clean Kiver or other vessel, and let it stand a cooling ; and when it is cold, let it stand till it be all creamed over with a blackish Cream, and that it make a kind of hissing noise : then put it up into your vessel, and in two or three months time it will be fit to drink.

Look how much you intend to make, the same quantities must be allowed to every gallon of water.

To make Metheglin.

Take fair water, and the best Honey, beat them well together, but not in a wooden vessel, for wood drinketh up the Honey, put it together in a Kettle, and try it with a new-laid egg, which will swim at top, if it be very strong; but if it bob up, and sink again, it will be too weak. Boil it an hour, and put into it a bundle of herbs, what sort you like best; and a little bag of Spice, Nutmegs, Ginger, Cloves, Mace, and Cinnaomon; and skim it well all the while it boileth: when it hath boiled an hour, take it off, and put it into earthen pans, and so let it stand till the next day. Then pour off all the clear into a good vessel, that hath had Sack in it, or white Wine. Hang the bag of Spice in it, and so let it stand very close stopp'd and well filled for a month, or longer. Then if you desire to drink it quickly, you may bottle it up. If it be strong of the Honey, you may keep it a year or two. If weak, drink it in two or three months. One quart of Honey will make one gallon of water very strong. A sprig or two of Rosemary, Thyme, and Sweet-marjoram, are the herbs that should go into it.

To make small Metheglin.

Take to every quart of white Honey, six quarts of fair water: let it boil until a third part be boiled away, skimming it as it riseth: then put into it a small quantity of Ginger largely sliced: then put it out into earthen pans, till it be lukewarm, and so put it up into an earthen stand, with a tap in it. Then put to it about half a porrenger-full of the
best

best Ale-yeast, so beat it well together : then cover it with a cloth, and it will be twelve hours before it work ; and afterwards let it stand two days, and then draw it out into Stone bottles, and it will be ready to drink in five or six days after. This proportion of yeast (which is about six good Spoonfuls) is enough for three or four gallons of liquor. The yeast must be of good Ale, and very new. You may mingle the yeast first with a little of the lukewarm liquor ; then beat it, till it be well incorporated, and begins to work. Then add a little more liquor to it, and beat that. Continue so adding the liquor by little and little, till a good deal of it be incorporated with the yeast ; then put that to all the rest of the quantity, and beat it altogether very well ; then cover it close, and keep it warm for two or three days. Before you bottle it, scum away all the Barm and Ginger (whereof a Spoonful or two is enough for three or four gallons) then bottle up the clear, leaving the dregs. If you will, you may tun it into a barrel, (if you make a greater quantity) when the barm is well incorporated with the liquor, in the same manner as you do Beer or Ale, and so let it work in the barrel as long as it will : then stop it up close for a few days more, that so it may clear it self well, and separate and precipitate the dregs. Then draw the clear into bottles. This will make it less windy, but also a little less quick, though more wholesom. You may also boil a little handful of tops of Rosemary in the liquor, which giveth it a fine taste ; but all other herbs, and particularly Sweet-majoram and Thyme, give it a physical taste. A little Limon-peel giveth it a very fine taste. If you tun it in a barrel, to work there, you may hang the Ginger and Limon-peel in it in a bag, till you bottle it, or till

it have done working. Then you may put two or three stoned and sliced Raisins, and a lump of fine Sugar into every bottle to make it quick.

To make Metheglin.

Take five gallons of water, and one gallon of good white Honey; set it on the fire together, and boil it very well, and skim it very clean: then take it off the fire, and set it by. Take six ounces of good Ginger, and two ounces of Cinnamon, one ounce of Nutmegs; bruise all these grossly, and put them into your hot liquor, and cover it close, and so let it stand till it be cold. Then put as much Ale-barm to it as will make it work; then keep it in a warm place, as you do Ale; and when it hath wrought well, run it up, as you do Ale or Beer: and when it is a week old, drink of it at your pleasure.

An excellent Metheglin.

Take Spring-water, and boil it with Rosemary, Sage, Sweet-marjoram, Balm, and Sassafras, until it hath boiled three or four hours. The quantity of the herbs is a handful of them all, of each a like proportion, to a gallon of water. And when it is boiled, set it to cool and to settle until the next day; then strain your water, and mix it with Honey, until it will bear an egg the breadth of a groat: then set it over the fire to boil. Take the whites of twenty or thirty eggs, and beat them mightily, and when it boileth, pour them in at twice; stir it well together, and then let it stand, until it boileth apace before you scum it, and then scum it well. Then take it off the fire, and pour it into earthen things

things to cool; and when it is cold, put to it five or six spoonfuls of the best Ale-yeast you can get: stir it together, and then every day scum it with a bundle of Feathers till it hath done working: Then tun it up in a Sack-cask, and to every six gallons of Metheglin put one pint of *Aqua vite*, or a quart of Sack, and a quarter of a pound of Ginger sliced, with the peels of two or three Limons and Oranges in a bag to hang in it.

The whites of eggs above-named, is a fit proportion for ten or twelve gallons of the liquor.

To make white Meath.

Take six gallons of water, and put in six quarts of Honey, stirring it till the Honey be thoroughly melted; then set it over the fire, and when it is ready to boil, skim it clean; then put in a quarter of an ounce of Mace, so much Ginger, half an ounce of Nutmegs; Sweet-marjoram, Broad-thyme, and Sweet-bryar; of all together a handful; and boil them well therein. Then set it by till it be thoroughly cold, and barrel it up, and keep it till it be ripe.

Another to make Meath.

To every gallon of water, take a quart of Honey, to every five gallons, a handful of Sweet-marjoram, half a handful of sliced Ginger; boil all these moderately three quarters of an hour; then let it stand and cool; and being lukewarm, put to every five gallons, about three quarts of yeast, and let it work a night and a day. Then take off the yeast, and strain it into a Rundlet; and when it hath done working, then stop it up, and so

let it remain a month; then drawing it out into bottles, put into every bottle two or three Stoned Raisins, and a lump of Loaf-Sugar. It may be drunk in two months.

Another very good white Meath.

Take to every gallon of water a quart of Honey; boil in it a little Rosemary and Sweet-marjoram; but a large quantity of Sweet-bay-leaves, and a reasonable proportion of Ginger: boil these in the liquor, when it is skimmed, and work it in due time with a little barm. Then run it in a vessel, and draw it into bottles, after it is sufficiently settled. Whites of eggs with the shells beaten together, do clarify Meath best. If you will have your Meath cooling, use Violet and Strawberry-leaves, Agrimony, Eglantine, and the like; adding Borage and Bugloss, and a little Rosemary and Sweet-marjoram to give it vigor.

Tartar makes it work well.

To make white Methglin.

Take to three gallons of Spring-water one of Honey; first let it gently melt, then boil for an hour, continually skimming it; then put it into an earthen or wooden vessel, and when it is little more then blood-warm set it with Ale-yeast, and so let it stand twelve hours: then take off the yeast, and bottle it. Put in it Limon-peel and Cloves, or what best pleaseth your taste of Herbs or Spices. Eringo-roots put into it when it is boiling, maketh it much better. So do Clove-gilly-flowers; a quantity of which make the Meath look like Claret-wine. I observe that Meath requirerth some strong

Strong herbs to make it quick and smart upon the Palate; as Rosemary, Bay-leaves, Sage, Thyme, Marjoram, Winter-savory, and such like, which would be too strong and bitter in Ale or Beer.

To make white Meath.

Take Rosemary, Thyme, Sweet-bryar, Penny-royal, and Bays, Water-creffes, Agrimony, Marsh-mallows, leaves and flowers: Liverwort, Wood-betony, Eye-bright, Scabious, of each a like quantity; of the bark of Ash-tree, of Eringo-roots green, of each a proportion to the herbs; of wild Angelica, Ribwort, Sanicle, Roman-wormwood, of each a proportion, which is, to every handful of the herbs above-named, a sixteenth part of a handful of these latter; steep them a night and a day, in a wooden bowl of water covered: the next day boil them very well in another water, till the colour be very high: Then take another quantity of water, and boil the herbs in it, till it look green, and so let it boil three or four times, or as long as the Liquor looketh any thing green: then let it stand with these herbs in it a day and a night.

To every gallon of this water, put a quart of pure clear Honey, the liquor being first strained from the herbs. Your liquor if it be strong enough will bear an egg, the breadth of a three-pence above water. When you have put the Honey into the liquor, you must work and labour it together a whole day, until the Honey be consumed. Then let it stand a whole night again a clearing. Then put it into a kettle, and let it boil a quarter of an hour, with the whites and shells of six eggs. Then strain it clean, and let it stand a cooling. Then put

it into a barrel, and take Cloves, Mace, Cinnamon, Nutmegs, and beat them together: put them into a linen bag, hang it with a thred into the barrel. If you would have it work, that you may drink of it presently, take the whites of two or three eggs, a spoonful of barm, a spoonful of wheat-flour; beat all these together: let it work before you stop it up. Then afterwards stop it well with clay and salt tempered together, to keep it moist.

To make Metheglin.

If your Honey be tried, take six gallons of milk-warm water, to one of Honey, and stir it well together ever and anon, and so let it stand for a day and night, or half a day may serve; then boil it with a gentle fire, for the space of half an hour or thereabouts, and skim it, still as the skum riseth. After it is scummed once or twice, you may put in your Herbs, and Spice grossly beaten, one half loose; the other in a bag, which afterwards may be fastned with a string to the tap-hole, as Pepper, Cloves, Mace, Ginger, and the like; when it is thus boiled, let it stand in the vessel until it be cooled; then tun it up into your barrel, and let it work two or three days, or more, before you stop the bung-hole; but in putting up the boiled liquor into the barrel, reserve the thick grounds back, which will be settled in the pan or kettle.

If you would have it to drink within two or three months, let it be no stronger then to beat an egg to the top of the water. If you would have it keep six months, or longer, before you drink it, let it bear up the egg the breadth of two-pence above the water. This is a surer way to proportion your Honey

Honey then by measure. And the time of the tryal of the strength is, when you incorporate the Honey and water together, before the boiling of it.

Another sort of M. a. b.

Take thirty six gallons of Fountain-water (first boiled, &c.) and dissolve twelve gallons of Honey in it; keep them boiling an hour and a half after they begin to boil, skimming well all the while. It will be an hour upon the fire before it boil. When it is clear and enough boiled, pour it out into wooden vessels to cool. When you are ready to run it, have four gallons of Black-currans, bruise them in a stone mortar, that they may the more easily part with their juyce to the liquor. Put them and their juyce into the barrel, and pour the cool liquor upon them, so as the vessel be quite full. Cover the bung with a plate of Lead lying loose on, that the working of the liquor may lift it up, as it needeth to cast out the filth. And still as it worketh over, fill it up with fresh liquor, made in the same proportion of Honey and water. A month after it works no longer, stop up the bung very close.

To make very good Metheglin.

Take of all sorts of herbs that you think are good and wholesom, as Balm, Mint, Fennel, Rosemary, Angelica, Wild-thyme, Hyssop, Agrimony, Burnet, and such other as you may like; as also some Field herbs. But you must not put in too many, especially Rosemary or any strong herb. Less then half a handful will serve of every sort. Boil your herbs, and strain them out, and let the liquor

liquor stand till the morrow, and settle: Then take of the clearest of the liquor two gallons and a half to one gallon of Honey; and in that proportion take as much of them as you will make, and let it boil an hour, and in the boiling scum it very clean. Then set it a cooling as you do Beer, and when it is cold, take some very good Ale-barm, and put it into the bottom of the Tub, you mean the Metheglin shall work in, which pour into the tub by little and little, as they do Beer, keeping back the thick settling, which lieth in the bottom of the vessels, wherein it is cooled. And when all is put together, cover it with a cloth, and let it work very near three days. And when you mean to put it up into your barrel or firkin, which you must not stop very close in four or five days, but let it have a little vent, for it will work; and when it is close stopped, you must look to it very often, and have a peg in the top, to give it vent, when you hear it make a noise (as it will do) or else it will break the barrel. You may also, if you please, make a bag and put in good store of sliced Ginger, and some Cloves, and Cinnamon, and boil it in, or put it into the barrel, and never boil it. Both ways are good.

If you will make small Metheglin, you may put five or six gallons of water to one of Honey. Put in a little Cinnamon and Cloves, and boil it well. And when it is cold, put it up in bottles very close stopped, and the stopples well tied on. This will not keep above five or six weeks, but it is very fine drink.

Make your Metheglin as soon as ever you take your Bees; for if you wash your combs in the water you boil your herbs in, when it is cold, it will sweeten much. But you must afterwards strain it through

through a cloth, or else there will be much
wax.

To make Meath.

If you will have it to keep a year or two, take
six parts of water, and one of Honey; but if you
will have it to keep longer, take but four parts of
water to one of Honey. Dissolve the Honey very
well in the water, then boile it gently, skimming it
all the while as the scum riseth, till no more scum
riseth. Then pour it out of the Copper into a fit
vessel or vessels to cool. Then tun it up in a strong
and sweet Cask, and let it stand in some place,
where there is some little warmth: (It will do as
well without warmth, but be longer growing ripe.)
This will make it work. At first a coarse foul mat-
ter will work over; to which purpose it must be
kept always full with fresh liquor of the same, as
it worketh over. When it begins to work more
gently, and that which riseth at the top, is no
more foul, but is a white froth; then fill and stop
it up close, and set it in a cool Cellar, where it is
to stand continually.

After half a year or a year, you may draw it off
from the Lees into a clean vessel, or let it remain
untouched. It is not fit to be drunk for its perfecti-
on till the Sweetness be quite worn off, yet not to
be sowre, but vinous. You may drink it at meals
instead of Wine, and is wholesomer and better
then Wine.

To small Meath, that is to be drunk presently,
you may put a little Ginger to give it life, and
work it with a little barn. If the Meath work not
at all, it will nevertheless be good, and peradven-
ture better then that which worketh; but it will
be

be longer first, and the dregs will fall down to the bottom, though it work not.

Small Meath of eight or nine parts of water to one of Honey, will be very good, though it never work, but be barrell'd up as soon as it is cold, and stopped close: and after two or three months drunk from the barrel without botteling. This is good for Meals.

To make white Meath.

Take to every three gallons of water, one gallon of Honey, and set the water over the fire, and let the Honey melt, before the water be too hot; then put in a new-laid egg, and feel with your hand; if it comes half way the water, it is strong enough: Then put into it these herbs; Thyme, Sweet-marjoram, Winter-savory, Sweet-bryar, and Boy-leaves, in all a good great handful; which is a proportion for ten gallons: then with a quick fire boil it very fast half an hour, and no longer; and then take it from the fire, and let it cool in two or three wooden vessels; and let it stand without stirring twenty four hours. Then softly drain it out, leaving all the dregs behind. Put the clear into your vessel, and if you like any Spice, take Ginger, Nutmeg, Cinnamon, Mace, and Cloves, and bruise them a little, and put them in a bag, and let them hang in your vessel. Before you put your Meath into the vessel, try if it will bear an egg as broad as a penny; if it do, then it is very well; and if it be made with the best white Honey, it usually is just so. But if it should prove too strong, that it bears the egg broader; then boil a little more Honey and water very small, and put to it, when it is cold: and then put it into the vessel. It is best

to be made at *Michaelmas*, and not drunk of till
Lent,

To make small white Meath.

Take of the best white Honey six quarts, of
Spring-water sixteen gallons; set it on a gentle fire
at first, till it is melted, and clean skinned: then
make it boil apace, untill the third part be consu-
med. Then take it from the fire, and put it into a
cooler, and when it is cold, run it up, and let it
stand eight months, before you drink it. When
you take it from the fire, slice in three Orris-roots,
and let it remain in the liquor when you run it
up.

A Receipt to make Metbeglin.

Take four gallons of water, two quarts of Ho-
ney, two ounces of Ginger, one ounce of Nut-
meg, a good handful of Rosemary tops, and as
much of Bay-leaves, two ounces of dried Orange-
peel. Boil all these till it be so strong as will bear
an egg, and not sink; when it is milk-warm, work
it up with barm, during twenty four hours, and
then barrel it up. And after three months you may
bottle it up at your pleasure.

As you desire a greater quantity of the drink, you
must augment the ingredients, according to the pro-
portions above recited.

To make Metbeglin.

Take four gallons of water and one of Hobeys;
boil and skim it: then put into it Liverwort, Hart-
sengur, Wild-carrot, and Yarrow, a little Rose-
mary

mary and Rays, one Parsley-root, and a Fennel-root; let them boil an hour all together. You may, if you please, hang a little bag of Spice in it. When it is cold put a little barm to it, and let it work like Beer. The roots must be scraped, and the pith taken out.

Meath from the Muscovian Ambassadors
Served.

Take three times as much water as Honey, then let the tubs that the Honey must be wrought in, be cleansed very clean with scalding water, so that it may not prove sowre: Also when you mix them together, take half warm water, and half cold, and squeeze them well together. Afterwards when you think the Honey is well melted, then let it run through a sieve; and see your kettle of Copper or Iron (but Copper is better then Iron) be very clean; then put in your Spice, as Nutmegs, Ginger, Cloves, Cardamom, Anniseeds, Orange-peel; put these in according to the quantity you make, and let them all be bruised, except the Orange-peel, which leave whole. The Meath must boil an hour by the Clock, after put it into tubs to cool, and when it is cold, take three or four slices of white bread; toast them very hard, and spread very good yeast on both sides of the toasts: then put them into the tubs. If it be warm weather, let the tubs be uncovered; but if it be cold; cover them. This being done, you will find it worked enough by the black that cometh up by the sides of the tubs; then take a sieve and take off the yeast and bread. Afterwards draw it off at a tap in the tub into the cask you intend to keep it in: then take a quantity of Spice as before, well bruised, and put it into a bag, and

and make it fast at the bung, with a string, and if it begins to work, after it is in the cask, be sure to give it vent, or else you will lose all.

To make Meath.

To every quart of Honey put four quarts of Spring-water; temper the Honey in the water, being a little warmed; then put it on the fire again, with Fennel, Rosemary, Thyme, Agrimony, Parsley or the like. Let them boil half an hour, and upwards; and as it boileth, scum the froth; Then take it off, and strain it, and let it cool as you do your wort. Then put a little barm into it, then take off the froth again, and stir it well together. Then take two quarts of Ale, boiled with Cloves, Mace, Cinnamon, Ginger, and Licorice; and put it to the Meath and run it up.

A Receipt to make white Meath.

Take Rosemary, Thyme, Sweet-bryar, Pennyroyal, Bays, Water-creeses, Agrimony, Marshmallow-leaves and flowers, Liverwort, Maiden-hair, Betony, Eye-bright, Scabious, the bark of an Ash-tree, young Eringo-roots, Wild Angelica, Ribwort, Sarsicle, Roman-wormwood, Tamarisk, Mother-thyme, Saxifrage, Philipendula, of each of these herbs a like proportion; or of as many as you please to put in. You must put in all but four handfuls of herbs, which you must steep a night and a day in a little bowl of water, being close covered. The next day take another fresh quantity of water, and boil the same herbs in it till the colour be very high: Then take another quantity of water, and boil the same herbs in it, until it look green; and

To let them boil three or four times in several waters, as long as the liquor looketh any thing green. Then let it stand with these herbs in it a day and a night. Remember the last water you boil it in, to this proportion of herbs, must be eighteen gallons. And when it hath stood a day and a night with these herbs in it after the last boiling, then strain the liquor from the herbs, and put as much of the finest and best Honey into the liquor, as will bear an egg; you must work the Honey and liquor together a whole day, until the Honey be consumed; then let it stand one whole night; then let it be well laboured again, and set it a clearing; and so boil it again with the whites of six new-laid eggs with the shells; skim it very clean, and let it stand a day a cooling; then put it into a barrel, and take Cloves, Mace, Cinnamon, and Nutmegs, as much as will please your taste, and beat them all together, and put them in a linen bag, and hang it with a thred into the barrel. Then take the whites of two or three new-laid eggs, a spoonful of barm, a spoonful of wheat-flour, and beat them all together, and put it into your liquor in the barrel, and let it work before you stop it; then afterwards stop it well, and set it in a cold place; and when it hath been settled some six weeks, draw it into bottles, and stop it very close, and drink not of it in a month after.

To make Metheglin.

Take eight gallons of water, set it over a clear fire in a Kettle, and when it is warm, put to it sixteen pounds of very good Honey, and stir it well together: take off the scum, and put two large Nutmegs cut in quarters, and so let it boil at least an hour: Then take it off the fire, and put to it two
good

good handfuls of grinded Mault; and with a white
linen keep beating it together till it be almost cold;
then strain it through a hair sieve into a tub, and
put to it a wine pint of Ale-yeast, and stir it very
well together; and when it is cold, you may if you
please, run it up presently into a vessel fit for it, or
else let it stand and work a day; and when it hath
done working in your vessel, stop it up very close.
It will be three weeks or a month before it be ready
to drink.

To make Honey drink.

To two quarts of water take one pound of Honey. When it boileth, skim it clean as long as any
scum ariseth; boil it a pretty while: then take it
off the fire, and put it in an earthen pot, and let it
stand till the next day: then put it into clean bot-
tles, that are thoroughly dry, rinsing first every bot-
tle with a little of the liquor: fill them not too full,
and put into every bottle four or five Cloves, and
four or five slices of Ginger: and stop it very close,
and set it in sand; and within ten or twelve days it
will be ready to drink.

Some, when they take their Bees, put the Ho-
ney-combs into fair water, and make it so strong of
the Honey that it will bear an egg; and then boil
it with some Spice, and put it into a barrel: but I
think it not so good, as that which is made of pure
Honey.

The Earl of Denbigh's Metheglin.

Take twenty gallons of Spring-water, boil it a
quarter of an hour, and let it stand until it be al-
most cold; then beat in so much Honey as will

make it so strong as to bear an egg, so that on the top you may see the breadth of a Halse-nut swimming above: The next day boil it up with six small handfuls of Rosemary, a pound and half of Ginger, being scraped and bruised; then take the whites of twenty eggs, shells and all; beat them very well, and put them in to clarify it; skim it very cleare, then take it off the fire and strain it: but put the Rosemary and Ginger in again; then let it remain till it be almost cold: then tun it up, and take some new Ale-yeast, the whites of two eggs, a spoonful of flour, and beat them well together, and put them into the barrel; when it hath wrought very well, stop it very close for three weeks, or a month: then bottle it, and a week after you may drink it.

To make Meath.

Take to every gallon of water, a quart of Honey, and set it over a clear fire, and when it is ready to beile, skim it very cleare. Then take two handfuls of Sweet-marjoram, as much Rosemary, and as much Balm; and two handfuls of Fennel-roots, as much of Parsley-roots, and as many Asparagus-roots slice them in the middle, and take out the pith, wash and serape them very cleare, and put them with your herbe into your liquor. Then take two ounces of Ginger, one ounce of Nutmegs, half an ounce of Mace, bruise them and put them in, and let it boil till it be so strong that it will bear an egg: then let it cool, and being cold, put in three or four spoonfuls of new Ale-yeast: and so skim it well, and put it into a Rundlet, and it will work like Ale: and having done working, stop it up close, as you do new Beer: and lay salt upon

To make Metbeglin.

Take four gallons of running-water, and boil it a quarter of an hour; and put it into an earthen vessel, and let it stand all night. The next day take only the water, and leave the scum at the bottom: so put the Honey in a thin bag, and wesk it in the water, till all the Honey is dissolved. Take to four gallons of water one of Honey, then put in an egg, if it be strong enough of the Honey, the egg will part of it appear on the top of the liquor: If it do not, put more Honey to it, till it do. Then take out the egg, and let the liquor stand till next morning. Then take two ounces of Ginger, and slice it and pare it: Some Rosemary washed and stripped from the stalk: dry it very well. The next day put the Rosemary and Ginger into the drink, and so set it on the fire: when it is almost ready to boil, take the whites of three eggs well beaten with the shells, and put all into the liquor, and stir it about, and skim it well till it be clear. Be sure you skim not off the Rosemary and Ginger, then take it off the fire, and let it run through a hair sieve: and when you have strained it, pick out the Rosemary and Ginger out of the strainer, and put it into the drink, and throw away the egg-shells, and so let it stand all night. The next day run it up in a barrel: be sure the barrel be not too big; then take a little flour, and a little bran, and the white of an egg, and beat them well together, and put them into the barrel on the top of the Methoglin, after it is tamped up, and so let it stand till it hath done working; then stop it up as close as is possible: and so let it stand six or seven weeks: then draw it out and bottle it. You must tie down the Corks, and

let the bottles in sand five or six weeks; and then drink it.

Another Meath.

Take twenty gallons of fair Spring-water; boil it a quarter of an hour, then let it stand till the next day. Then beat into it so much Honey, as will make it so strong as to bear an egg the breadth of a two-pence above the water. The next day boil it up with six small handfuls of Rosemary, a pound and a half of Ginger, (being scraped and bruised) and the whites of twenty eggs, together with their shells beaten together, and well mingled with the liquor. Clarifie it and skim it very clean, still as the scum riseth, leaving the Ginger and Rosemary in it. Let it stand till the next day, then run it up, and take some new Ale-yeast, the whites of two eggs, a spoonful of flour; beat all these together, and put it on the top of the barrel; when the barrel is full. Let it work, and when it hath done working, stop it up close for three weeks or a month. Then you may bottle it, and a few days after you may drink it.

Another.

Take three gallons of water, and boil in it a handful of Rosemary (or rather the flowers) Cowslips, Sage-flowers, Agrimony, Betony, and Thyme, and one handful. When it hath taken the strength of the herbs, strain it through a hair sieve, and let it cool twenty hours. Then to three gallons of the clear part of this decoction, put one gallon of Honey, and mingle it very well with your hand, till it bear an egg the breadth of a groat. Then boil it
and

and skim it as long as any scum will rise. Afterwards let it cool four and twenty hours. Then put to it a small quantity of Ale-barm, and skim the thin barm that doth rise on it, morning and evening, with a feather, during four days. And so put it up into your vessel, and hang in it a thin linen bag with two ounces of good white Ginger bruised therein: and stop it up close for a quarter of a year. Then you may drink it.

Another.

Take a quart of Honey to a gallon of water; set the Kettle over the fire, and stir it now and then, that the Honey may melt: let it boil an hour; you must boil in it a sprig or two of Winter-savory, as much of Sweet-marijoram; put it into tubs ready scalded, till the next day towards evening. Then run it up into your vessel, let it work for three days; after which hang a bag in the barrel with what quantity of Mace and sliced Nutmeg you please. To make it stronger then this, 'tis but adding more Honey, to make it bear an egg the breadth of a six-pence, or something more. You may bottle it out after a month, when you please. This is the way which is used in *Salset*, by those who are accounted to make it best.

Another Receipt.

Take to every gallon of Fountain-water a good quart of Honey. Set the water on the fire, till it be pretty warm; then take it off, and put in your Honey, and stir it till it be dissolved. Then put in to every three gallons, two handfuls of Thyme, two good handfuls of Strawberry-leaves, one handful

of Organ, one handful of Fennel-roots, the heart being taken out, and one handful of Parsley-roots, the heart taken out. But as for the herbs, it must be according to the constitution of them, for whom the Mead is intended. Then set the herbs in it on the fire, to boil for half an hour, still skimming it as the scum riseth; it must boil but half an hour, then take it off the fire, and presently strain it from the herbs, and let it stand till it be fully cold: then pour it softly off the bottom, and put it in a vessel fit for it, and put a small quantity of barm in it, and mingle it with it, and when it hath wrought up, which will be in three or four days, skim off that barm, and set on fresh: but the second barm must not be mingled with the Meath, but only poured on the top of it. Take an ounce of Nutmegs sliced, one ounce of Ginger sliced, one ounce of Cinnamon cut in pieces, and boil them a pretty while in a quart of White-wine or Sack: when this is very cold, strain it, and put the Spices in a Canvas-bag to hang in your Meath, and pour in the Wine it was boiled in.

This Meath will be drinkable, when it is a fortnight or three weeks old.

To make Mead that looks like White-wine.

Take twelve gallons of water, a handful of each of these herbs; Parsley, Eglantine, Rosemary, Strawberry-leaves, Wild-thyme, Balm, Liver-wort, Betony, Scabious: when the water begins to boil, cast in the herbs; let them boil a quarter of an hour; then strain out the herbs, and when it is almost cold, then put in as much of the best Honey you can get, as will bear an egg to the breadth of two-pence; that is, till you can see no

more

most of the egg above the water then a two-pence will cover: Lave it and stir it till you see all the Honey be melted; then boil it well half an hour, at the least; skim it well, and put in the whites of six eggs beaten, to clarify it: Then strain it into some wooden vessels, and when it is almost cold, put some Ale-barm into it: and when it worketh well, turn it into some well-seasoned vessel, where neither Ale nor Beer hath been, for marring the colour of it. When it hath done working, if you like it, take a quantity of Cloves, Nutmegs, Mace, Cinnamon, Ginger, or any of these that you like best, and bruise them, and put them in a boulder-bag, and hang it in the vessel. Put not too much of the Spice, because many do not like the taste of much Spice. If you make it at *Michellmas*, you may use it at *Christmas*; but if you keep it longer it will be the better: It will look pure, and drink with as much spirit as can be, and very pleasant.

To make white Methylin.

Take Sweet-marjoram, Sweetbryar-buds, Violet-leaves, Strawberry-leaves, of each one handful, and a good handful of Violet-flowers (the double ones are the best) Broad-thyme, Borage, Agrimony, of each half a handful, and two or three branches of Rosemary, the seeds of Carri, Coriander, and Fennel, of each two spoonfulls, and three or four blades of large Mace. Boil all these in eight gallons of running-water, three quarters of an hour. Then strain it, and when it is but blood-warm, put in as much of the best Honey as will make the liquor bear an egg the breadth of a six-pence above the water. Then boil it again as long as any scum will rise. Then set it abroad a cooling,

and when it is almost cold, put in half a pint of good Ale-barm; and when it hath wrought, till you perceive the barm to fall; then tun it, and let it work in the barrell, till the barm leaveth rising, filling it up every day with some of the same liquor. When you stop it up, put in a bag with one Nutmeg sliced, a little whole Cloves and Mace, a stick of Cinamon broken in pieces, and a grain of good Musk. You may make this a little before *Michaelmas*, and it will be fit to drink at Lent.

This is *Sir Edward Baiaston's Receipt*, which my Lord of *Portland* (who gave it me) saith, was the best he ever drank.

To make a small Mithbeglin.

Take four gallons of water, and set it over the fire, put into it, when it is warm, eight pounds of Honey; as the scum riseth, take it clean off. When it is clear, put into it three Nutmegs quartered, three or four races of Ginger sliced; then let all boil a whole houre: then take it off the fire, and put to it two handfuls of ground Mault; stir it about with a round stick, till it be as cold as wort; when you put yeast to it. Then strain it out into a pot or tub, that hath a spiggot and faucet, and put to it a pint of very good Ale-yeast; so let it work for two days: then cover it close for about four or five days; and so draw it out into bottles. It will be ready to drink within three weeks.

To make Meath.

Take six quarts of water, a quart of the best Honey, and put it on the fire, and stir it till the Honey is melted, and boil it well as long as any scum riseth; and now and then put in a little cold water, for this will make the scum rise: keep your kettle

bottle up as full as you did put it in; when it is
 boiled enough, about half an hour before you
 take it off, then take a quantity of Ginger sliced
 and well scraped first, and a good quantity of Rose-
 mary, and boil both together. Of the Rosemary
 and Ginger you may put in more or less, for to
 please your taste: And when you take it off the
 fire, strain it into your vessel, either a well-sea-
 soned tub, or a great cream-pot, and the next
 morning when it is cold, pour off softly the top
 from the settlings into another vessel; and then put
 some little quantity of the best Ale-barm to it,
 and cover it with a thin cloth over it, if it be in
 Summer; but in the Winter it will be longer at ri-
 pening, and therefore must be the warmer cover-
 ed in a close place, and when you go to bottle it,
 take with a Frasher all the barm off, and put it in-
 to your bottles, and stop it up close. In ten days
 you may drink it.

If you think six quarts of water be too much, and
 would have it stronger, then put in a greater quan-
 tity of Honey.

Metheglin or Sweet Drink of my Lady Smart.

Take as much water as will fill your firkin, of
 Rosemary, Bays, Sweet-dryar, Broad-thyme,
 Sweet-marjoram, of each a handful; set it over
 the fire, until the herbs have a little coloured the
 water; then take it off, and when it is cold, put
 in as much Honey, till it will bear an egg: then
 leave it three days morning and evening. After that
 boil it again, and skim it very clean, and in the
 boiling clarify it with the whites of six eggs, shells
 and all, well beaten together. Then take it off, and
 put it to cool, and when it is cold, put it into your
 vessel, and put to it three spoonfuls of yeast;
 stop

stop it close, and keep it till it be old at least three months.

A Metheglin for the Collick and Stone, of the same Lady.

Take one gallon of Honey to seven gallons of water; boil it together, and skim it well; then take Pellitory of the Wall, Saxifrage, Betony, Parsley, Groundsel, of each a handful, of the seeds of Parsley, of Nettles, Fennel and Caraway-seeds, Aniseeds and Grumel-seeds, of each two ounces. The roots of Parsley, of Alexander, of Bennet and Mallows, of each two ounces, being small cut, let all boil, till near three gallons of the liquor is wasted: then take it off the fire, and let it stand till it be cold, then cleanse it from the drugs, and let it be put into a clean vessel well stopped, taking four Nutmegs, one ounce and half of Ginger, half an ounce of Cinnamon, twelve Cloves; cut all these small, and hang them in a bag into the vessel, when you stop it up. When it is a fortnight old, you may begin to drink of it, every morning a good draught.

A Receipt for Metheglin of my Lady Windebanke.

Take four gallons of water, add to it these Herbs and Spices following. Pellitory of the Wall, Sage, Thyme, of each a quarter of a handful, as much Clove-gillyflowers, with half as much Borrage, and Bugloss-flowers, a little Hyssop, five or six Eringo-roots, 3 or 4 Parsley-roots, one Fennel-root, the pith taken out, a few red-nettle-roots, and a little harts-tongue. Boil these roots and herbs half

an hour; then take out the roots and herbs, and put in the Spices grossly beaten in a Canvas-bag, viz, Cloves, Mace, of each half an ounce, and as much Cinnamon; of Nutmeg, an ounce, with two ounces of Ginger, and a gallon of Honey: boil all these together half an hour longer, but do not skim it at all: let it boil in, and let it a cooling after you have taken it off the fire. When it is cold, put six spoonfuls of barm to it, and let it work twelve hours at least; then tun it, and put a little Limon-peel into it; and then you may bottle it, if you please.

Another of the same Lady.

To four gallons of water put one gallon of Honey; warm the water lukewarm before you put in your Honey; when it is dissolved, set it over the fire, and let it boil half an hour with these Spices grossly beaten and put in a Canvas-bag; namely, half an ounce of Ginger, two Nutmegs, a few Cloves and a little Mace; and in the boiling put in a quart of cold water to raise the scum, which you must take clean off in the boiling. If you love herbs, put in a little bundle of Rosemary, Bays, Sweet-marjoram, and Eglantine. Let it stand till it is cold, then put into it half a pint of Ale-barm, and let it work twelve hours; then tun it, but take out the bundle of herbs first.

To make Metheglin.

Take to every gallon of Honey three gallons of water, and put them together, and set them over so gentle a fire, as you might endure to break it in the water with your hand. When the Honey is all melted,

melted, put in an egg, and let it fall gently to the bottom; and if your egg rise up again to the top of your liquor, then it is strong enough of the Honey. But if it lie at the bottom, you must put in more Honey, and stir it, till it doth rise. If your Honey be very good, it will bear half a gallon of water more to a gallon of Honey. Then take Sweet-bryar, Bays, Rosemary, Thyme, Marjoram, Savory, of each a good handful, which you must tye up all together in a bundle. This proportion of herbs will be sufficient for twelve gallons of Metheglin; and according to the quantity of Metheglin you make, you must add or diminish your Herbs. When you have put these things together, set it over a quick fire, and let it boil as fast as you can for half an hour, or better, skimming of it very clean, and clarifying it with the whites of two or three eggs. Then take it from the fire, and put it into some clean vessel or other, and let it stand till the next morning: Then pour the clear from the dregs, and run it up, putting in a little bag of such Spice as you like, whereof Ginger must be the most. After it hath stood three or four days, you may put in two or three Spoonfulls of good Ale-yeast, it will make it the sooner ready to drink. It must work before you stop it up. The older your Honey is, the whiter your Metheglin will be.

Meath with Raisins.

Put forty gallons of water into your Caldron, and with a stick take the height of the water, making a notch, when the superficies of the water cometh. Then put to the water ten gallons of Honey, which dissolve with much laving it; then presently

gently boil it gently, skimming it all the while, till it be free from scum. Then put into it a thin bag of boulder-cloth containing forty pound weight of the best blue Raisins of the Sun, well picked, washed, and wiped dry; and let the bag be so large that the Raisins may lie at ease, and loosely in it. When you perceive that the Raisins are boiled enough to be very soft, that you may strain out all their substance, take out the bag, and strain out all the liquor by a strong Press. Put it back to the Honey-liquor, and boil all together (having thrown away the husks of the Raisins with the bag) till your liquor be sunk down to the notch of your stick, which is the sign of due strength: then let it cool in a wooden vessel, and let it run through a strainer to sever it from the settlings, and put it into a strong vessel, that hath had Sack or Muscadine in it, not filling it to within three fingers breadth of the top (for otherwise it will break the vessel with working) and leave the bung open while it worketh, which will be six weeks very strongly, though it be put into a cold Cellar. And after nine months you may begin to drink it.

Morello Wine.

To half an Aume of White-wine, take twenty pounds of Morello-Cherries, the stalks being first plucked off. Bruise the Cherries and break the stones. Pour into the Wine the juyce that comes out of the Cherries; but put all the solid substance of them into a long bag of Boulder-cloth, and hang it in the Wine at the bung, so that it be not in the bottom, but only reach to touch it, and therefore nail it down at the mouth of the bung. Then stop it close. For variety you may put some clear

clear juyce of Cherries alone (but drawn from a larger proportion of Cherries) into another parcel of Wine. To either of them if you will Aromatize the drink, take to this quantity two ounces of Cinnamon grossly broken and bruised, and put it in a little bag at the spiggot, that all the Wine you draw may run through the Cinnamon.

You must be careful in bruising the Cherries, and breaking the stones; for if you do all at once, the liquor will sparkle about. But you must first bruise the Cherries gently in a Mortar, and rub through a sieve all that will pass, and strain the residue hard through your hands. Then beat the remaining hard so strongly, as may break all the stones. Then put all together, and strain the clean through a subtil strainer, and put the solid substance into the bag to hang in the Wine.

Currans Wine.

Take a pound of the best Currans clean picked, and pour upon them in a deep straight-mouthed earthen vessel six pounds or pints of hot water, in which you have dissolved three spoonfuls of the purest and newest Ale-yeast: stop it very close till it ferment, then give such vent as is necessary, and keep it warm for about three days, it will work and ferment. Taste it after two days to see if it be grown to your liking. As soon as you find it so, let it run through a strainer, to leave behind all the exhausted Currans and the yeast, and so bottle it up. It will be exceeding quick and pleasant, and is admirable good to cool the Liver, and cleanse the blood. It will be ready to drink in five or six days after it is bottled; and you may drink safely large draughts of it.

Scotch

Scotch Ale from my Lady Holmby.

The excellent Scotch Ale is made thus. Heat Spring-water; it must not boil, but be ready to boil, which you will know by leaping up in bubbles. Then pour it to the Mault, but by little and little, stirring them strongly together all the while they are mingling. When all the water is in, it must be so proportioned that it be very thick. Then cover the vessel well with a thick Mat made on purpose with a hole for the stick, and that with Coverlets and Blankets to keep in all the heat. After three or four hours, let it run out by the stick (putting new-heated water upon the Mault, if you please, for small Ale or Beer) into a Hogshead with the head out. There let it stand till it begin to blink, and grow long like thin Syrup. If you let it stay too long, and grow too thick, it will be sowre. Then put it again into the Caldron, and boil it an hour, or an hour and a half. Then put it into a wooden vessel to cool, which will require near forty hours for a Hogshead. Then pour it off gently from the settling. This quantity (of a Hogshead) will require better then a quart of the best Ale-barm, which you must put to it thus. Put it to about three quarts of wort, and stir it, to make it work well. When the barm is risen quick, scum it off to put to the rest of the wort by degrees. The remaining liquor (that is the three quarts) will have drawn into it all the heavy dregs of the barm, and you may put it to the Ale of the second running, but not to this. Put the barm you have scummed off (which will be at least a quart) to about two gallons of the wort, and stir it to make that rise and work. Then put two gallons more to it.

it. Doing thus at several times till all be mingled, which will require a whole day to do. Cover it close, and let it work, till it be at its height, and begin to fall, which may require ten or twelve hours, or more. Watch this well, lest it sink too much, for then it will be dead. Then scum off the thickest part of the barm, and tun your Ale into the Hoghead, leaving all the bung open a day or two. Then lay a strong paper upon it, to keep the clay from falling in, that you must then lay upon it, in which you must make a little hole, to let it work out. You must have some of the same liquor to fill it up, as it works over. When it hath done working, stop it up very close, and keep it in a very cold Cellar. It will be fit to broach after a year, and be very clear, sweet, and pleasant, and will continue a year longer drawing; and the last glassful be as pure and as quick as the first. You begin to broach it high. Let your Cask have served for Sweet-wine.

To make Ale drink quick.

When small Ale hath wrought sufficiently, draw it into bottles; but first put into every bottle twelve good Raisins of the Sun split and stoned: then stop up the bottle close, and set it in sand (gravel) or a cold dry Cellar. After a while this will drink exceeding quick and pleasant. Likewise take six wheat-corns, and bruise them, and put into a bottle of Ale: it will make it exceeding quick and stronger.

To make Cider.

Take a peck of Apples, and slice them, and boil them in a barrel of water, till the third part be wasted;

sted : then cool your water as you do for Wort, and when it is cold you must pour the water upon three measures of grown Apples. Then draw forth the water at a tap three or four times a day , for three days together. Then press out the liquor, and run it up ; when it hath done working , then stop it up close.

A very pleasant Drink of Apples.

Take about fifty pippins, quarter and core them, without paring them ; for the paring is the cordialest part of them : therefore only wipe or wash them well, and pick away the black excrescence at the top ; and be sure to leave out all the seeds, which are hot. You may cut them (after all the superfluities are taken away) into thinner slices, if you please. Put three gallons of Fountain-water to them in a great pipkin, and let them boil till the Apples become clear and transparent ; which is a sign they are perfectly tender , and will be in a good half hour, or a little more. Then with your ladle break them into mash and pulp, incorporated with the water ; letting all boil half an hour longer, that the water may draw into it self all the vertue of the Apples. Then put to them a pound and a half of pure double refined Sugar in powder, which will soon dissolve in that hot liquor. Then pour it into an Hippocras-bag, and let it run through it two or three times , to be very clear. Then put it up into bottles , and after a little time it will be a most pleasant, quick, cooling, smoothing drink. Excellent in sharp Gonorrhœa's.

Sir Paul Neile's way of making Cider.

The best Apples make the best Cider, as Pear-mains, Pippins, Golden-pippins, and the like. Codlings make the finest Cider of all. They must be ripe, when you make Cider of them, and is its prime in the summer season, when no other Cider is good, but lasteth not long, not beyond Autumn. The foundation of making perfect Cider consisteth in not having it work much, scarce ever at all; but at least, no second time; which ordinary Cider doth often, upon change of weather, and upon motion; and upon every working it grows harder. Do then thus:

Choose good Apples. Red-streaks are the best for Cider to keep; Gennet-moils the next, then Pippins. Let them lie about three weeks, after they are gathered; then stamp and strain them in the ordinary way, into a wooden fat that hath a spigot three or four fingers breadth above the bottom. Cover the fat with some hair or sackcloth, to secure it from any thing to fall in, and to keep in some of the Spirits, so to preserve it from dying, but not so much as to make it ferment. When the juyce hath been there twelve hours, draw it by the spigot (the Fat inclining that way, as if it were a little tilted) into a barrel; which must not be full by about two fingers. Leave the bung open for the air to come in, upon a superficies all along the barrel, to hinder it from fermenting; but not so large a superficies as to endanger dying, by the airs depredating too many spirits from it.

The drift in both these settlings is, that the grosser parts consisting of the substance of the Apple, may settle to the bottom, and be severed from the liquor; for it is that, which maketh it work a

gain

gain (upon motion or change of weather) and spalls it. After twenty four hours draw of it, to see if it be clear, by the settling of all dregs, above which your spigot must be. If it be not clear enough, draw it from the thick dregs into another vessel, and let it settle there twenty four hours. This vessel must be less then the first, because you draw not all out of the first. If then it should not be clear enough, draw it into a third, yet lesser then the second; but usually it is at the first. When it is clear enough, draw it into bottles, filling them within two fingers, which stop close. After two or three days visit them; that if there be a danger of their working (which would break the bottles) you may take out the stopples, and let them stand open for half a quarter of an hour. Then stop them close, and they are secure for ever after. In cold freezing weather, set them upon Hay, and cover them over with Hay or Straw. In open weather in Winter transpose them to another part of the Cellar to stand upon the bare ground or pavement. In hot weather set them in sand. The Cider of the Apples of the last season, as Pippins, not Pearmains, nor Codlings, will last till the Summer grow hot. Though this never work, 'tis not of the nature of Stummed Wine; because the naughty dregs are not left in it.

Doctor Harvey's pleasant Water-Cider, wherof he used to drink much, making it his ordinary Drink.

Take one bushel of Pippins, cut them into slices with the parings and cores; boil them in twelve gallons of water, till the goodness of them be in the water; and that consumed about three gallons.

Then put it into an Hippocras-bag, made of Cotton; and when it is clear run out, and almost cold, sweeten it with five pound of brown Sugar, and put a pint of Ale-yeast to it, and set it a working two nights and days: Then skim off the yeast clean, and put it into bottles, and let it stand two or three days, till the yeast fall dead at the top: then take it off clean with a knife, and fill it up a little within the neck (that is to say, that a little about a fingers breadth of the neck be empty, between the superficies of the liquor, and the bottom of the stopple) and then stop them up and tie them, or else it will drive out the Corks. Within a fortnight you may drink of it. It will keep five or six weeks.

Ale with Honey.

Sir Thomas Gower makes his pleasant and wholesome drink of Ale and Honey thus: Take forty gallons of small Ale, and five gallons of Honey. When the Ale is ready to tun, and is still warm, take out ten gallons of it; which, while it is hot, mingle with it the five gallons of Honey, stirring it exceedingly well with a clean arm till they be perfectly incorporated. Then cover it, and let it cool and stand still. At the same time you begin to dissolve the Honey in this parcel, you take the other of thirty gallons also warm, and tun it up with barm, and put it into a vessel capable to hold all the whole quantity of Ale and Honey, and let it work there; and because the vessel will be so far from being full, that the gross foulness of the Ale cannot work over, make holes in the sides of the barrel, even with the superficies of the liquor in it, out of which the gross feculence may purge; and these holes must be fast shut, when you put in the rest

rest of the Ale with the Honey: which you must do, when you see the strong working of the other is over; and that it works but gently; which may be after two, three, or four days, according to the warmth of the season. You must warm your solution of Honey, when you put it in, to be as warm as Ale, when you run it; and then it will set the whole a working afresh, and casting out more foulness; which it would do too violently, if you put it in at the first of the tunning it. It is not amiss that some feculence lie thick upon the Ale; and work not all out; for that will keep in the spirits. After you have dissolved the Honey in the Ale, you must boil it a little to skim it; but skim it not, till it have stood a while from the fire to cool; else you will skim away much of the Honey, which will still rise as long as it boileth. If you will not make so great a quantity at a time, do it in less in the same proportions. He makes it about *Michaelmas* for Lent.

When strong Beer groweth too hard, and flat for want of Spirits, take four or five gallons of it out of a Hogshead, and boil five pound of Honey in it, and skim it, and put it warm into the Beer; and after it hath done working; stop it up close. This will make it quick, pleasant, and stronger.

Small Ale for the Stone.

The Ale that I used to drink constantly of, was made in these proportions. Take fourteen gallons of water, and half an ounce of Hops; boil them near an hour together; then pour it upon a peck of Mault. Have a care the Mault be not too small ground; for then it will never make clear Ale. Let it soak so near two hours. Then let it run from the

Mault, and boil it only one walm or two. Let it stand cooling till it be cool enough to work with barm, which let be of Beer rather than Ale, about half a pint.

After it hath wrought some hours, when you see it come to its height, and is near beginning to fall in working, tun it into a barrel of eight gallons, and in four or five days it will be fit to broach to drink. Since I have caused the wort to be boiled a good half hour; since again I boil it a good hour, and it is much the better; because the former Ale tasted a little raw. Now because it consumes in boiling, and would be too strong, if this Mault made a less proportion of Ale; I have added a gallon of water at the first, taking fifteen gallons instead of fourteen. Since I have added half a peck of Mault to the former proportions, to make it a little stronger in Winter.

Apple-Drink with Sugar, Honey, &c.

A very pleasant drink is made of Apples; thus Boil sliced Apples in water, to make the water strong of Apples, as when you make to drink for coolness and pleasure. Sweeten it with Sugar to your taste, such a quantity of sliced Apples, as would make so much water strong enough of Apples; and then bottle it up close for three or four months. There will come a thick mother at the top, which being taken off, all the rest will be very clear and quick and pleasant to the taste, beyond any Cider. It will be the better to most tastes, if you put a very little Rosemary into the liquor, when you boil it, and a little Limon-peel into each bottle when you bottle it up.

To make Steppany.

Take a gallon of Conduit-water, one pound of blue Raisins of the Sun stoned, and half a pound of Sugar. Squeeze the juyce of two Limons upon the Raisins and Sugar, and slice the rindes upon them. Boil the water, and pour it so hot upon the ingredients in an earthen pot, and stir them well together. So let it stand twenty four hours. Then put it into bottles (having first let it run through a strainer) and set them in a Cellar or other cool place.

Weak Honey-drink.

Take nine pints of warm fountain-water, and dissolve in it one pint of pure white Honey, by laving it therein, till it be dissolved. Then boil it gently, skimming it all the while, till all the scum be perfectly scummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours boiling, so that at last one third part may be consumed. About a quarter of an hour before you cease boiling, and take it from the fire, put to it a little spoonful of cleansed and sliced Ginger; and almost half as much of the thin yellow rinde of Orange, when you are even ready to take it from the fire, so as the Orange boil only one walm in it. Then pour it into a well-glased strong deep great gally-pot, and let it stand so, till it be almost cold, that it be scarce lukewarm. Then put to it a little silver spoonful of pure Ale-yeast, and work it together with a ladle to make it ferment: as soon as it beginneth to do so, cover it close with a fit cover, and put a thick

doubled woollen cloth about it. Cast all things so that this may be done when you are going to bed. Next morning when you rise, you will find the barm gathered all together in the middle; scum it clean off with a silver spoon and a feather, and bottle up the liquor, stopping it very close. It will be ready to drink in two or three days; but it will keep well a month or two. It will be from the first very quick and pleasant.

Mr. Webb's Ale and Bragot.

Five bushels of Mault will make two Hogsheds. The first running makes one very good Hogshed, but not very strong; the second is very weak. To this proportion boil a quarter of a pound of Hops in all the water that is to make the two Hogsheds; that is, two ounces to each Hogshed. You put your water to the Mault in the ordinary way. Boil it well, when you come to work it with yeast, take very good Beer-yeast, not Ale-yeast.

To make Bragot, he takes the first running of such Ale, and boils a less proportion of Honey in it, then when he makes his ordinary Meath; but double or triple as much Spice and Herbs. As for example, to twenty gallons of the strong wort, he puts eight or ten pound, (according as your taste liketh more or less Honey) of Honey; but at least triple as much Herbs, and triple as much Spice as would serve such a quantity of small Meath as he made me. (For to a stronger Meath you put a greater proportion of Herbs and Spice, then to a small; by reason that you must keep it a longer time before you drink it: and the length of time mellows and tames the taste of the Herbs and Spice.) And when it is tunned in the vessel (after working with the barm)

harm) you hang in it a bag with bruised Spices (rather more then you boiled in it) which is to hang in the barrel all the while you draw it.

He makes also Meath with the second weak running of the Ale; and to this he useth the same proportions of Honey, Herbs, and Spice, as for his small Meath of pure water; and useth the same manner of boiling, working with yeast, and other Circumstances, as in making of that.

The Countess of Newport's Cherry-Wine.

Pick the best Cherries free from rotten, and pick the stalks from them; put them into an earthen pan: bruise them by griping and straining them in your hands, and let them stand all night; on the next day strain them out (through a Napkin; which if it be a coarse and thin one, let the juyce run through a Hippocras or gelly-bag, upon a pound of fine pure Sugar in powder, to every gallon of juyce) and to every gallon put a pound of Sugar, and put it into a vessel. Be sure your vessel be full, or your wine will be spoiled; you must let it stand a month before you bottle it, and in every bottle you must put a lump (a piece as big as a Nutmeg) of Sugar. The vessel must not be stopt until it hath done working.

Strawberry-Wine.

Bruise the Strawberries, and put them into a linnen-bag which hath been a little used, that so the liquor may run through more easily. You hang in the bag at the bung into the vessel, before you do put in your Strawberries. The quantity of the fruit is left to your discretion; for you will judge to be there

there enough of them, when the colour of the Wine is high enough. During the working, you leave the bung open. The working being over, you stop your vessel. Cherry-wine is made after the same fashion. But it is a little more troublesome to break the Cherry-stones. But it is necessary, that if your Cherries be of the black sowre Cherries, you put to it a little Cinnamon, and a few Cloves.

To make Wine of Cherries alone.

Take one hundred pound weight, or what quantity you please, of ripe, but sound, pure, dry and well gathered Cherries. Bruise and mash them with your hands to press out all their juyce, which strain through a boulder-cloth, into a deep narrow wooden tub, and cover it close with clothes. It will begin to work and ferment within three or four hours, and a thick foul scum will rise to the top. Skim it off as it riseth to any good head, and presently cover it again. Do thus till no more great quantity of scum arise, which will be four or five times, or more. And by this means the liquor will become clear, all the gross muddy parts rising up in scum to the top. When you find that the height of the working is past, and that it begins to go less, tun it into a barrel, letting it run again through a boulder, to keep out all the gross feculent substance. If you should let it stay before you tun it up, till the working were too much deadened, the Wine would prove dead. Let it remain in the barrel close stopped, a month or five weeks. Then draw it into bottles, into each of which put a lump of fine Sugar, before you draw the Wine into it, and stop them very close, and set them in a cold Cellar. You may drink them after three or four months.

This

This Wine is exceeding pleasant ; strong, Spiritfull and comfortable.

Aqua Mirabilis Sir Kenelm Digby's way.

Take Cubebs, Gallinagle, Cardamus, Melliflor-flowers, Cloves, Mace, Ginger, Cinnamon, of each one drachm bruised small, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, Sugar one pound, flower of Cowslips, Rosemary, Borage, Bugloss, Marigold, of each two drams, the best Sack three pints, strong Angelica-water one pint, red Rose-water half a pint; bruise the Spices and Flowers, and steep them in the Sack and juyces one night: the next morning distil it in an ordinary or glass-still, and first lay Harts-tongue leaves in the bottom of the still.

The vertues of the precedent Water.

This water preserveth the Lungs without grievances, and helpeth them: being wounded, it suffereth the Blood not to putrisie, but multiplieth the same. This water suffereth not the heart to burn, nor melancholly, nor the Spleen to be lifted up above nature: it expelleth the Rheum, preserveth the Stomach, conserveth Youth, and procureth a good Colour: it preserveth Memory, it destroyeth the Palsie: If this be given to one a dying, a spoonful of it reviveth him; in the Summer use one spoonful a week fasting; in the Winter two spoonfuls.

O F
C O O K E R Y.

To make a Sack-Poffet.

BOil two Wine-quarts of Sweet-cream in a Posnet; when it hath boiled a little, take it from the fire, and beat the yolks of nine or ten fresh eggs, and the whites of four with it, beginning with two or three spoonfuls, and adding more till all be incorporated; then set it over the fire, to recover a good degree of heat, but not so much as to boil; and always stir it one way, lest you break the consistence. In the mean time, let half a pint of Sack or White Muscadine boil a very little in a bason, upon a Chafing-dish of Coals, with three quarters of a pound of Sugar, and three or four quartered Nutmegs, and as many pretty big pieces of sticks of Cinnamon. When this is well scummed, and still very hot, take it from the fire, and immediately pour into it the Cream, beginning to pour near it, but raising by degrees your hand so that it may fall down from a good height; and without any more to be done, it will be then fit to eat. It is very good kept cold as well as eaten hot. It doth very well with it, to put into the Sack (immediately before you put in the Cream) some Ambergreece; or Ambered-Sugar, or Pastils. When it is made, you may put powder

powder of Cinnamon and Sugar upon it, if you like it.

Another.

To two quarts of Cream, if it be in the Summer, when the Cream is thick and best, take but two or three yolks of Eggs. But in the Winter when it is thin and hungry, take six or seven; but never no whites. And of Sack or Muscadine, take a good third (scarce half) of a pint; and three quarters of a pound of fine Sugar. Let the Sugar and Sack boil well together, that it be almost like a Syrup: and just as you take it from the fire, put in your ground Amber or Pastils, and constantly pour in the Cream, with which the eggs are incorporated; and do all the rest as is said in the foregoing process.

Ambered-Sugar is made by grinding very well, four grains of Ambergreece, and one of Musk, with a little fine Sugar; or grinding two or three Spanish Pastils very small.

A plain ordinary Posset.

Put a pint of good Milk to boil, as soon as it doth so, take it from the fire, to let the great heat of it cool a little; for doing so, the curd will be the tenderer, and the whole of a more uniform consistence. When it is prettily cooled, pour it into your pot, wherein is about two spoonfuls of Sack, and about four of Ale, with sufficient Sugar dissolved in them. So let it stand a while near the fire, till you eat it.

A Sack-Poffet.

Take three pints of Cream, boil in it a little Cinnamon, a Nutmeg quartered, and two spoonfuls of grated bread; then beat the yolks of twelve eggs very well with a little cold Cream, and a spoonful of Sack. When your Cream hath boiled about a quarter of an hour, thicken it up with the eggs, and sweeten it with Sugar; and take half a pint of Sack, and six spoonfuls of Ale, and put into the basin or dish you intend to make it in, with a little Ambergreece, if you please. Then pour your Cream and Eggs into it, holding your hand as high as conveniently you can, gently stirring in the basin with the spoon as you pour it; so serve it up. If you please you may strew Sugar upon it.

You may strew Ambered-Sugar upon it, as you eat it; or Sugar beaten with Cinnamon, if you like it.

A Barley Sack-Poffet.

Take half a pound or more of French-Barley, (not Pearl-barley) and pour scalding water upon it, and wash it well therein, and strain it from the water, and put it into the corner of a linen cloth, and tie it up fast there, and strike it a dozen or twenty blows against a firm table or block, to make it tender by such bruising it, as in the Country is used with wheat to make frumenty. Then put it into a large skillet with three pints of good milk. Boil this till at least half be consumed, and that it become as thick as hasty-pudding, which will require at least two hours; and it must be carefully stirred all the while, lest it burn to: which if by some
little

little inadvertence it should do, and that some black burned substance sticketh to the bottom of the skillet, pour all the good matter from it into a fresh skillet (or into a basin whiles you scour this) and renew boiling till it be very thick; All which is to make the Barley very tender and pulpy, and will at least require two, or near three hours. Then pour to it three pints of good Cream, and boil them together a little while, stirring them always. It will be some time before the cold Cream boil, which when it doth, a little will suffice. Then take it from the fire, and season it well with Sugar. Then take a quarter of a pint of Sack, and as much Rhenish-wine (or more of each) and a little Verjuice, or sharp Cider, or juyce of Orange, and season it well with Sugar (at least half a pound to both) and set it over coals to boil. Which when it doth, and the Sugar is well melted, pour the Cream into it; in which Cream the Barley will be settled to the bottom by standing still unmoved, after the Sugar is well stirred and melted in it, or pour it through a hair-sieve; and you may boil it again, that it be very hot, when you mingle them together; else it may chance not curdle. Some of the Barley (but little) will go over with it, and will do no hurt. After you have thus made your Posset, let it stand warme a while that the curd may thicken; but take heed it boil not, for that would dissolve it again into the consistence of Cream. When you serve it up, strew it over with Powder of Cinnamon and Sugar. It will be much the better if you strew upon it some Ambergreece ground with Sugar. You may boil bruised sticks of Cinnamon in the Cream, and in the Sack, before you mingle them. You must use clear Chafcoal-fire under your vessels. The remaining Barley will make good Barley-Cream, being

ing boiled with fresh Cream, and a little Cinnamon and Mace; to which you may add a little Rosemary and Sugar, when it is taken from the fire, or butter it as you do wheat. Or make a pudding of it, putting to it a pint of Cream, which boil; then add four or five yolks, and two whites of eggs, and the marrow of two bones cut small, and of one in lumps: sufficient Sugar, and one Nutmeg grated. Put this either to bake raw, or with puff-paste beneath and above it in the dish. A pretty smart heat, as for white Manchet, and three quarters of an hour in the Oven. You may make the like with great Oat-meal scalded (not boiled) in Cream, and soaked a night; then made up as the other.

My Lord of Carlisle's Sack-Poffet.

Take a pottle of Cream, and boil in it a little whole Cinnamon, and three or four flakes of Mace. To this proportion of Cream put in eighteen yolks of eggs, and eight of the whites; a pint of Sack; beat your eggs very well, and then mingle them with your Sack. Put in three quarters of a pound of Sugar into the Wine and Eggs, with a Nutmeg grated, and a little beaten Cinnamon; set the Basin on the fire with the Wine and Eggs, and let it be hot. Then put in the Cream boiling from the fire, pour it on high, but stir it not; cover it with a dish, and when it is settled, strew on the top a little fine Sugar mingled with three grains of Amber-greece, and one grain of Musk, and serve it up.

A Syllabub.

My Lady *Middlesex* makes Syllabubs for little glasses with spouts, thus: Take three pints of Sweet Cream,

Cream, one of quick White-wine (or Rhenish) and a good wine glassful (better a quarter of a pint) of Sack: mingle with them about three quarters of a pound of fine Sugar in powder. Beat all these together with a whisk, till all appeareth converted into froth. Then pour it into your little Syllabub-glasses, and let them stand all night. The next day the Curd will be thick and firm above, and the drink clear under it. I conceive it may do well, to put into each glass (when you pour the liquor into it) a sprig of Rosemary a little braised, or a little Limon-peel, or some such thing to quicken the taste; or use Amber-sugar, or spirit of Cinamon, or of Lignum-Cassia, or Nutmegs, or Mace, or Cloves, a very little.

A good Dish of Cream.

Boil a quart of good Cream with sticks of Cinamon and quartered Nutmeg and Sugar to your taste. When it is boiled enough to have acquired the taste of the Spice, take the whites of six New-laid eggs, and beat them very well with a little fresh cream, then pour them to your boiling Cream, and let them boil a walm or two. Then let it run through a boulter, and put a little Orange flower-water to it, and sliced bread, and so serve it up cold.

An excellent Spanish Cream.

Take two quarts (you must not exceed this proportion in one vessel) of perfectly sweet cream, that hath not been jogged with carriage: and in a Posnet set it upon a clear lighted Charcoal-fire, not too hot. When it beginneth to boil, cast into

it a piece of double refined hard Sugar about as much as two Walnuts, and with a Spoon stir the Cream all one way. After two or three rounds, you will perceive a thick Cream rise at the top. Scum it off with your spoon, and lay it in another dish. And always stir it the same way, and more Cream will rise; which as it doth rise, you put it into your dish, one laire upon another. And thus almost all the Cream will turn into this thick Cream, to within two or three Spoonfuls. If you would have it sweeter, you may strew some Sugar upon the top of it. You must be careful not to have the heat too much; for then it will turn to oyl; as also if the Cream have been carried. If you would have it warm, set the dish you lay it in, upon a Chafing-dish of Coals.

Another Clouted Cream.

Milk your Cows in the evening about the ordinary hour, and fill with it a little Kettle about three quarters full, so that there may be haply two or three gallons of Milk. Let this stand thus five or six hours. About twelve a Clock at night kindle a good fire of Charcoal, and set a large Trivet over it. When the fire is very clear and quick, and free from all smoak, set your Kettle of Milk over it upon the Trivet, and have in a pot by, a quart of good Cream ready to put in at the due time, which must be, when you see the milk begin to boil simpringly. Then pour in the Cream in a little stream and low, upon a place, where you see the Milk simmer. This will presently deaden the boiling, and then you must pour in no more Cream there, but in a fresh place, where it simpreth and bubbleth a little. Continue this pouring in, in

new places where the milk boileth, till all your Cream is in, watching it carefully to that end. Then let it continue upon the fire to boil, till you see all the Milk rise up together to the top, and not in little parcels here and there, so that it would run over, if it should stay longer upon the fire. Then let two persons take it steadily off, and set it by in a cool room to stand unmoved, uncovered; but so as no Motes may fall in, for the rest of that night, and all the next day and night, and more, if you would have it thicker. Then an hour or two before dinner cut the thick Cream at the top with a knife into squares as broad as your hand, which will be the thicker, the longer it hath stood. Then have a thin slice or skimmer of Latton, and with that raise up the thick Cream, putting your slice under it so nicely, that you take up no milk with it; and have a ladle or spoon in the other hand to help the Cream upon the slice, which thereby will become mingled, and lay these parcels of Cream in a dish, into which you have first put a little raw Cream, or of that (between Cream and Milk) that is immediately under the Colours. To take the Clouts the more conveniently, you hold a back of a ladle or skimming-dish against the farther side of the Clout, that it may not slide away when the Latton slice shuffeth it on the other side to get under it, and so the Clout will mingle together, or double up, which makes it the thicker, and the more graceful. When you have laid a good laire of Clouts in the dish, put upon it a little more fresh, raw, or boiled Cream, and then fill it up with the rest of the Clouts. And when it is ready to serve in, you may strew a little Sugar upon it, if you will you may sprinkle in a little Sugar between every flake or clout of Cream. If you keep the dish thus laid a

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day longer before you eat it, the Cream will grow the thicker and firmer. But if you keep it, I think it is best to be without Sugar or raw Cream in it, and put them in, when you are to serve it up. There will be a thin Cream swimming upon the milk of the Kettle after the Clouts are taken away, which is very sweet and pleasant to drink. If you should let your Clouts lie longer upon the milk, then I have said, before you skim it off, the Milk underneath would grow lowre, and spoil the Cream above. If you put these Clouts into a Churm with other Cream, it will make very good butter, so as no Sugar have been put with it.

My Lord of St. Albans Cressme Fawttee.

Put as much as you please to make, of sweet thick Cream into a dish, and whip it with a bundle of white hard rushes (of such as they make whisks to brush Cloaks) tied together, till it come to be very thick, and near a buttery substance. If you whip it too long, it will become butter. About a good hour will serve in Winter. In Summer it will require an hour and a half. Do not put it in the dish, you will serve it up in, till it be almost time to set it upon the Table. Then strew some powdered fine Sugar in the bottom of the dish it is to go in, and with a broad spatule lay your Cream upon it: when half is laid in, strew some more fine Sugar upon it, and then lay in the rest of the Cream (leaving behind some Whey that will be in the bottom) and strew more Sugar upon that. You should have the Sugar-box by you, to strew on Sugar from time to time, as you eat off the superficies, that is strewed over with Sugar. If you would have your whipped Cream light and frothy, that hath but
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little substance in the eating, make it of only plain milk; and if you would have it of a consistence between both, mingle Cream and Milk.

To make the Cream Curds.

Strain your Whey, and set it on the fire; make a clear and gentle fire under your Kettle; as they rise, put in Whey, so continuing till they are ready to skim. Then take your skimmer, and put them on the bottom of a hair-sieve; so let them drain till they are cold: then take them off, and put them into a Basin, and beat them with two or three spoonfuls of Cream and Sugar.

To make Clouted Cream.

Take two gallons more or less of new Milk, set it upon a clear fire; when it is ready to boil, put in a quart of sweet Cream, and take it off the fire, and strain it through a hair-sieve into earthen pails: let it stand two days and two nights; then take it off with a skimmer; strew Sugar on the Cream, and serve it to the Table.

To make a whip Syllabub.

Take the whites of two eggs, and a pint of Cream, six spoonfuls of Sack, as much Sugar as will sweeten it; then take a Birchen rod and whip it; as it rises with froth, skim it, and put it into the Syllabub-pot: so continue it with whipping and skimming, till your Syllabub-pot be full.

To make a plain Syllabub.

Take a pint of verjuice in a bowl, milk the Cow to the verjuice; take off the Curd, and take sweet Cream and beat them together with a little Sack and Sugar; put it into your Syllabub-pot; then strew Sugar on it, and so send it to the Table.

Concerning Potages.

The ground or body of Potages must always be very good broth of Mutton, Veal, and Volaille. Now to give good taste, you vary every month of the year, according to the herbs and roots that are in season. In Spring and Summer you use Cersevil, Oseille, Borage, Bugloss, Pourpier, Lettuce, Chicoree and Cucumbers quartered, &c. The manner of using them is to boil store of them about half an hour or a quarter, in a pot by it self, with some bouillon taken out of the great pot; half an hour before dinner, take light bread well dried from all moisture before the fire; then cut in slices, laid in a dish over coals, pour upon it a ladleful of broth, no more then the bread can presently drink up; which when it hath done, put on another ladleful, and stew that, till it be drunk up; repeat this three or four times, a good quarter of an hour in all, till the bread is swelled like a gelly (if it be too long, it will grow glue and stick to the dish) and strong of broth; then fill it up near full with the same strong broth, which having stewed a while, put on the broth and herbs, and your Capon or other meat upon that, and so let it stew a quarter of an hour longer, then turn it up.

In Winter, boil half an hour a pretty bundle of Parsley,

Parsley, and half as much of Sives, and a very little Thyme, and Sweet-marjoram; when they have given their taste to the herbs, throw the bundle away, and do as abovesaid with the bread. Deeper in the Winter, Parsley-roots, and White-chicoree, or Navets, or Cabbage, which last must be put in at first, as soon as the pot is skimmed; and to colour the bouillon it is good to put into it (sooner or later, according to the coarseness or fineness of what you put in) Partridges or Wild-duck, or a fleshy piece of Beef half roasted. Green pease may some of them be boiled a pretty while in the great pot; but others in a pot by themselves, with some Bouillon no longer then as if they were to eat buttered, and put upon the dish, containing the whole stock a quarter of an hour after the other hath stewed a quarter of an hour upon the bread. Sometimes old pease boiled in the broth from the first, to thicken it, but no Pease to be served in with it. Sometimes a piece of the bottom of a Venison-pasty, put in from the first. Also Venison-bones.

Plain savoury English Potage.

Make it of Beef, Mutton, and Veal; at last adding a Capon, or Pigeons. Put in at first a quartered Onion or two, some Oat-meal, or French-barley, some bottom of a Venison-pasty crust, twenty whole grains of Pepper; four or five Cloves at last, and a little bundle of sweet herbs, store of Marigold-flowers. You may put in Parsley or other herbs.

Or make it with Beef, Mutton, and Veal, putting in some Oat-meal, and good pot-herbs, as Parsley, Sorrel, Violet-leaves, &c. And a very

little Thyme and Sweet-marijoram, scarce to be tasted: and some Marigold-leaves at last. You may begin to boil it over night, and let it stand warm all night, then make an end of boiling it next morning. It is well to put into the pot, at first, twenty or thirty corne of whole Pepper.

Potage de blanc de Chapon.

Make first a very good bouillon, seasoned as you like. Put some of it upon the white flesh of a Chapon, or Hen, a little more then half roasted. Beat them well in a Mortar, and strain out all the juyce that will come. You may put more broth upon what remains in the strainer, and beat again, and strain it to the former. Whiles this is doing, put some of your first plain broth upon some dried bread to miltanner well. Let there be no more broth, then just to do that. None to swim this over. When you will serve the Potage in, pour the white liquor upon the swelled and gellied bread, and let them stew together a little upon the coals. When it is through hot, take it off, and squeeze some Limon or Orange into it, and so send it in presently. It mendeth a Bouillon much, to boil in it some half roasted Volaille, or other good meat.

To make Spinage-broth.

Take strong broth, and boil a peck of Mutton, and a Marrow-bone in it, and skim it very well, then put in half a pound of French Barley, and a bundle of Sweet herbs, and two or three blades of large Mace. Let these boil very well. Then mince half a peck of Spinage, and two great Onions very small, and let it boil one hour or more; season

it with salt as you please, and send the Mutton and the Marrow-bone in a dish with French bread or Manchet to the Table.

Ordinary Potage.

Take the fleshy and sinewy part of a leg of Beef, crag-ends of necks of Veal and Mutton. Put them in a ten quarts pot, and fill it up with water. Begin to boill about six a clock in the morning, to have your Potage ready by noon. When it is well skimmed, put in two or three large Onions in quarters, and half a loaf (in one lump) of light French bread, or so much of the bottom crust of a Venison-Pasty; all which will be at length clean dissolved in the broth. In due time season it with Salt, a little Pepper, and a very few Cloves. Likewise at a fit distance, before it be ended boiling, put in store of good herbs, as in Summer, Borage, Bugloss, Purslane, Sorrel, Lettuce, Endive, and what else you like; in Winter, Betes, Endive, Parsley-roots, Cabbage, Carrots, whole Onions, Leeks, and what you can get or like, with a little Sweet-marjoram, and exceeding little Thyme. Order it so that the broth be very strong and good. To which end you may after four hours (or three) boill a Hen or Capon in it; light French bread sliced, must be taken about noon, and roasted a little before the fire, or crusts of crisp new French-bread; lay it in a dish, and pour some of the broth upon it, and let it stew a while upon a Chafing-dish. Then pour in more broth, and if you have a Fowl, lay it upon the bread in the broth, and fill it up with broth, and lay the herbs and roots all over and about it, and let it stew a little longer, and so serve it up covered, after you have squeezed some
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juice of Orange or Limon, or put some Verjuice into it. Or you may beat two or three eggs, with part of the broth, and some Verjuice, or juice of Orange, and then mingle it with the rest of the broth.

Barley Potage.

Take half a pound of French-barley, and wash it in three or four hot waters; then tie it up in a coarse linen cloth, and strike it five or six blows against the Table; for this will make it very tender. Put it into such a pot full of meat, and water, as is laid in the ordinary potage, after it is skimmed; and season this with Salt, Spice, Marjoram, and Thyme, as you did the other. An hour before you take it from the fire, put into it a pound of the best Raisins of the Sun well washed; at such a distance of time, that they may be well plumped and tender, but not boiled to mash. When the broth is enough boiled and consumed, and very strong, pour some of it upon sliced dry bread in a deep potage dish, or upon crusts, and let it stew a while. Then pour on all the rest of the broth, with the Barley and Raisins, upon a Capon or Hen, or a piece of Mutton or Veal; and let it mittonner a while upon the Chafing-dish, then serve it in.

Stewed Broth.

Take a like quantity of water and flesh, as in the others, adding two Marrow-bones; which tie at the ends with pieces of linen, that the Marrow may not melt out, and make the broth too fat. A while after it is skimmed, put into it a loaf of French bread very thin sliced, (which is better
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then grated) and this will be all dissolved in the broth. Season it in due time with Salt, four or five flakes of Mace; and five or six Cloves; as also with sweet herbs: And an hour, or better, before you take it off, put in Raisins of the Sun, Prunes, and Currans, of each one pound, well picked and washed. When it is boiled enough, pour the broth into a Basin, that if it be too fat, you may take it off. There season it with a little Sugar, and four or five Spoonfuls of White-wine or Sack. Then pour it upon sliced bread, and stew it a while. Then squeeze an Orange, or Limon (or both) upon it, and serve it up with the Marrow-bones in it.

An English Potage.

Make a good strong broth of Veal and Mutton; then take out the meat, and put in a good Capon or Pullet: but first, if it be very fat, parboil it a little to take away the oyliness of it, and then put it into the broth; and when it hath boiled a little therein, put in some grated bread, a bundle of sweet herbs, two or three blades of Mace, and a peeled Onion. When it is ready to be dished up, take the yolks of six eggs, beat them very well with two or three Spoonfuls of White-wine. Then take the Capon out of the broth, and thicken it up with the eggs, and so dish it up with the Capon, and tostes of White-bread or slices, which you please; and have ready boiled the Marrow of two or three bones, with some tender boiled white Endive, and strew it over the Capon.

Another Potage.

A good Potage for dinner is thus made: boil
Beef,

Beef, Mutton, Veal, Volaille, and a little piece of the Lean of a Gammon of the best Bacon, with some quartered Onions, (and a little Garlick, if you like it) you need no Salt, if you have Bacon, but put in a little Pepper and Cloves. If it be in the Winter, put in a Bouquet of sweet herbs, or whole Onions, or Roots, or Cabbage. If season of herbs, boil in a little of the broth apart, some Lettuce, Sorrel, Borage, and Bugloss, &c. till they be only well mortified. If you put in any gravy, let it boil or stew a while with the broth; put it in due time upon the toasted bread to mittonner, &c. If you boil some half roasted meat with your broth, it will be the better.

Portugal Broth, as it was made for the Queen.

Make very good broth with some lean of Veal, Beef, and Mutton, and with a brawny Hen or young Cock. After it is scummed, put in an Onion quartered, (and if you like it, a Clove of Garlick) a little Parsley, a sprig of Thyme, as much Mint, a little Balm; some Coriander-seeds bruised, and a very little Saffron: a little Salt, Pepper, and a Clove. When all the substance is boiled out of the Meat, and the broth very good, you may drink it so, or pour a little of it upon toasted sliced bread, and stew it, till the bread have drunk up all that broth, then add a little more, and stew; so adding by little and little, that the bread may imbibe it and swell: whereas if you drown it at once, the bread will not swell, and grow like gelly; and thus you will have a good Potage. You may add Parsley-roots or Leeks, Cabbage or Endive in the due time before the broth is ended boiling, and time enough for them to become tender. In the

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Summer you may put in Lettuce, Sorrel, Purslane, Borage, and Bugloss, or what other pot-herbs you like. But green herbs do rob the strength and vigor and cream of the Potage.

The Queens ordinary *Ramillon de santé* in a morning, was thus, A Hen, a handful of Parsley, a sprig of Thyme, three of Spear-mint, a little Balm, half a great Onion, a little Pepper, and Salt, and a Clove, as much water as would cover the Hen, and this boiled to less then a pint, for one good por-ringer full.

Nourissant Potage de santé.

Fill a large earthen pot with water, and make it boil; then take out half the water, and put in Beef and Mutton (fit pieces) and boil and skim: and as soon as it boils, season it with Salt and Pepper. After an hour and half, or two hours, put in a Capon, and four or five Cloves; when it is within a good half hour of being boiled enough, put in such herbs, as you intend, as Sorrel, Lettuce, Purslane, Borage, and Bugloss, or green Pease; and in the Winter, Parsley-roots, and white Endive, or Navets, &c. so pour the broth upon toasted light bread, and let it stew a while in the dish covered. You should never put in fresh water. And if you should through the consuming of the water by long boiling, it must be boiling hot. The less broth remains, the better is the Potage, were it but a por-ringer full, so that it would be stiff gelly when it is cold. It is good to put into the water, at the first, a whole Onion or two; and if you will, a spoonfull of well-beaten *orge mondé*, or bottom crust of bread, or some of the bottom of a Venison-Pasty.

Potage de santé.

Make strong broth with a piece of Beef, Mutton and Veal, adding a piece of the Sinews of a leg of Beef, seasoning it with two great Onions quartered, some Cloves, and white Pepper. In due time put in a Capon, or take some broth out to boil it in. But before you put in the Capon, take out some of the broth, in which boil and stew Turnips first prepared thus. Fry them in scalding Butter, till they be tender; then take them out with a holed skimmer, and lay them in a holed dish warmed, set in another whole dish. When all the butter is quite drained out, stew them in a pipkin in the broth, as is said above. When you will make up your potage, put some ladlefuls of the broth of the great pot (driving away the fat with the ladle) upon slices of scorched bread in a deep dish. Let this mittonnet a while. Then lay the Capon upon it, and pour the Turnips and broth of them over all. A Duck in lieu of a Capon will make very good potage. But then it is best, to fry that first, as the Turnips, then boil it.

Potage de santé.

Make a good and well seasoned bouillon with lean Beef, Mutton, and Veal, in which boil a Capon. Boil with it either Cabbage, or Turnips, or whole Onions. The first two you put into the broth all over the dish; but the Onions you lay all round about the brim, when you serve it in. Whiles the meat is boiling to make the bouillon, you roast a fleshy piece of Beef (without fat) of two or three pound; and when it is half roasted, squeeze out all the juyce, and put the flesh into the pot with the

rest of the meat to boil, which will both colour and strengthen it. When you find your Bouillon good, pour it into the dish, where your bread lieth sliced (which must be very light and spungy, and dried first, after it is sliced) and let it miltionner a little. Then pour your gravy of Beef upon it, (or of Mutton) and lay your Capon upon it, and lay in your roots round about it. It is best to boil by themselves in some of the bouillon in a pot apart, the roots or Onions.

Potage de santé.

Monsieur de S. Eustach makes thus his potage de santé and boiled meat for dinner, being very extraordinary. Put a knuckle of Veal and a Hen into an earthen pipkin, with a gallon of water (about nine of the Clock forenoon) and boil it gently till you have skimmed it well. When no more scum riseth (which will be in about a quarter of an hour) take out the Hen (which else would be too much boiled) and continue boiling gently till about half an hour past ten. Then put in the Hen again, and a handful of white Endive uncut as length, which requireth more boiling then tenderer herbs. Near half an hour after eleven, put in two good handfuls of tender Sorrel, Borage, Bugloss, Lettuce, Purslane (these two come later then the others, therefore are not to be had all the Winter) a handful a piece, a little Cersevil, and a little Beet-leaves. When he is in pretty good health, that he may venture upon more savoury hotter things, he puts in a large Onion stuck round with Cloves, and sometimes a little bundle of Thyme, and other hot savoury herbs; which let boil a good half hour or better, and take them out, and throw them away, when

when you put in the tender herbs; About three quarters after eleven, have your sliced dried bread ready in a dish, and pour a ladleful of the broth upon it. Let it stew covered upon a Chafin-dish. When that is soaked in, put on more. So continue till it be well mitted, and the bread grown spongy, and like a gelly. Then fill up the dish with broth, and put the Hen and Veal upon it, and cover them over with herbs, and so serve it in. He keeps of this broth to drink at night, or make a *Pas-cotto*, as also for next morning. I like to add to this, a rand of tender brisket Beef, and the crag-end of a neck of Mutton. But the Beef must have six hours boiling. So put it on with all the rest at six a Clock. When it is well scummed, take out all the rest. At nine, put in the Veal and Mutton; and thenceforwards, as is said above. But to so much meat, and for so long boiling, you must have at least three gallons of water. Either way you must boil always but leisurely, and the pot covered as much as is convenient, and season it in due time with a little Salt, as also with Pepper, if you like it; and if you be in vigorous health, you may put a greater store of Onions quartered. The beets have no very good taste, peradventure it were best leave them out. In health you may season the potage with a little juyce of Orange. In season green Pease are good, also Cucumbers. In Winter, Ropes, Cabbage, Poix-chiches, Vermicelli at any time. You may use yolks of eggs beaten with some of the broth and juyce of Oranges or Verjuyce, then poured upon the whole quantity.

Tea with Eggs.

The Jesuite that came from China, Anno 1664. told

told Mr. *Waller*, that there they use sometimes in this manner. To near a pint of the infusion, take two yolks of new-laid eggs, and beat them very well with as much fine Sugar as is sufficient for this quantity of liquor; when they are very well incorporated, pour your Tea upon the Eggs and Sugar, and stir them well together. So drink it hot. This is when you come home from attending business abroad, and are very hungry, and yet have not conveniency to eat presently a competent meal. This presently discuteth and satisfieth all rawness and indigence of the stomach; flieth suddenly over the whole body, and into the veins, and strengtheneth exceedingly, and preserves one a good while from necessity of eating. Mr. *Waller* findeth all those effects of it thus.

In these parts, he saith, we let the hot water remain too long soaking upon the Tea, which makes it extract into it self the earthy parts of the herb. The water is to remain upon it no longer then whiles you can say the *Miserere* Psalm very leisurely. Then pour it upon the Sugar, or Sugar and Eggs. Thus you have only the spiritual parts of the Tea, which is much more active, penetrative and friendly to nature. You may for this regard take a little more of the herb; about one drachm of Tea will serve for a pint of water; which makes three ordinary draughts.

Nourishing Broth.

Make a very good gelly-broth of Mutton, Veal, joint-bones of each, a Hen, and some bones (with a little meat upon them) of roasted Veal or Mutton, breaking the bones that the Marrow may boil out. Put to boil with these some Barley (first boiled in

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water, that you throw away) some Harts-horn rasped, and some dried Raisins of the Sun. When the broth is thoroughly well boiled, pour it from the Ingredients; and let it cool and harden into a jelly: then take from it the fat on the top, and the dregs in the bottom. To a porringer full of this melted, put the yolk of a new-laid egg beaten with the juice of an Orange (or less, if you like it not so sharp) and a little Sugar; and let this stew gently a little while all together, and so drink it. Some flesh of roasted Veal or Mutton, or Capon, besides the roasted bones, that have Marrow in them, doth much amend the broth.

The Joynts I have mentioned above, are those which the Butchers cut off, and throw to their dogs, from the ends of Shoulders, legs, and other bare long parts, and have the sinews sticking to them.

Good nourishing Potage.

Take any bones of roasted or boiled Beef, from which the meat is never so clean eaten and picked, as the Ribs, the Chine-bones, the buckler Plate-bone, Marrow-bones, or any other, that you would think never so dry and insipid. Break them into such convenient pieces, as may lie in your pipkin or pot; also you may bruise them. Put with them a good piece of the bloody piece of the throat of the Beef, where he is stuck, and store of water to these. Boil and scum them, till the first foul scum is risen and taken away; afterwards scum no more, but let the blood boil into the broth. You may put a quartered Onion or two to them, if you like them. After four or five hours boiling, put in a good knuckle with some of the leg of Veal; and

if you please, a crag-end or two of Necks of Mutton. Let these boil very well with the rest. You may put in what herbs you please, in due time, as Lettuce, Sorrel, Borage, and Bugloss, Spinage and Endive, Purslane, &c. and a bundle of sweet herbs. In Winter, Cabbage, or Turnips, or Parsley-roots, or Endive, &c. It will be done in two or three hours after the Veal and Mutton are in. Pour out the broth, and boil it a little by it self over a Chafin-dish, in some deep vessel, to scum off the superfluous fat. Then pour it upon toasted bread (by degrees, if you will, stewing it, to gelly it) to serve it in (after it hath stewed a little) you must remember to season it with Salt, Pepper, and Cloves, in the due time. You will do well to quicken it with some verjuice, or juice of Orange; or with some yolks of eggs and the juices, if the broth be not over-strong. Green pease in the season do well with the Potage. You may put in, near the beginning, some bottom of a peppered Pasty, or of a loaf of bread.

Wheaten Flomery.

In the West Country they make a kind of Flomery of wheat-flower, which they judge to be more hearty and pleasant then that of Oatmeal, thus, take half, or a quarter of a bushel of good Bran of the best Wheat (which containeth the purest flour of it, though little, and is used to make starch) and in a great wooden bough, or pail, let it soak with cold water upon it three or four days. Then strain out the milky water from it, and boil it up to a gelly or like starch. Which you may season with Sugar and Rose or Orange-flower water, and let it stand till it be cold, and gelled. Then

eat it with White or Rhenish-wine, or Cream, or Milk, or Ale.

Pap of Oat-meal.

Beat Oat-meal small, put a little of it to milk, and let it boil stewingly, till you see that the milk begins to thicken with it. Then strain the milk from the Oatmeal (this is as when you soak or boil out the substance of Oatmeal with water, to make Flommary) then boil up that milk to the height of Pap, which sweeten with a little Sugar, and put in it some yolks of Eggs dissolved in Rose or Orange-flower-water, and let it mitronner a while upon the Chafing-dish; and a little Butter, if you like it. You may boil a little Mace in the Milk.

Panado.

Beat a couple of New-laid eggs in good clear broth; heat this a little, stirring it all the while. Then pour this upon a Panado made thick of the same broth; and keep them a little upon a Chafing-dish to incorporate, stirring them all the while.

Barley-Pap.

Boil Barley in water *usque ad Putrilaginam*, with flake or two of Mace, or a quartered Nutmeg; and when it is in a manner dissolved in water with long boiling, strain out all the Cream or Pap, leaving the husks behind. At the same time beat (for sixness) two ounces of blanched Almonds with Rose-water, and when they are thoroughly beaten, strain out their milk, (or you may put this to the Barley before it is strained, and strain them together) and

put it to the Barley-pap, and let them stew a while together; then sweeten it with Sugar to your taste. Or when you have boiled the Barley in water very tender as above, you may put milk to it, and boil again to fitting thickness: Then strain it; adding Almonds as above. Or if you will, and your stomach will bear it, you may eat it without straining the Barley (but the Almonds must be strained) and you may put Butter to it if you please.

You may do the like with Oatmeal or Rice; or put Pine-kernels (first well watered) with the Almonds.

Oat-meal Pap. Sir John Colladon.

Put beaten Oat-meal to soak an hour or two in milk, as you do in water, when you make Flomery. Then strain it out into a Posnet through a string strainer; and if you judge it too thick of the Oat-meal for sufficient boiling, add more milk to it. Set this to boil, (putting then into it a lump of Sugar, about as big as a little Wall-nut) and stir it well all the while, that it burn not to. About an hours boiling is sufficient, by which time it should be grown pretty thick. Put then a good lump of fresh butter to it, which being well melted and stirred into the Pap and incorporated with it, take it from the fire, and put it into a dish, and strew some fine Sugar upon it, or mingle some Sugar with it to sweeten the whole quantity. You may season it also with Rose-water or Orange-water, or Ambergreece, or some yolks of new-laid eggs. You may put in a very little Salt at the first.

Rice & Orge mondé.

Boil a quart of Milk in a large Pipkin; as soon as it boileth, take it from the fire, and instantly put into it five or six good spoonfuls of picked Rice, and cover it close, and so let it stand soaking in the Chimney-corner two hours. Then set it on the fire again to make it stew or boil simpringly for an hour, or an hour and half more, till it be enough. Then put Sugar to it, and so serve it in.

Orge mondé is done in the same manner; only you let that stand covered and warm all the while, during three, four, or five hours, and then you boil simpringly three or four hours more. The quantity must be more or less, as you desire it thicker or thinner, which after once trial, you will easily know how to proportion out. The chief care must be that the Rice or Barley be well homogenated with the Milk.

Smallage-Gruel.

In a Marble Mortar beat great Oatmeal meal (which requireth long beating) then boil three or four hours in Spring-water. To a Pottle full of two or three quarts of water put about half a Porringer full of Oatmeal, before it is beated, for after beating it appeareth more. To this quantity put as much Smallage as you buy for a penny which maketh it strong of the herb, and very good. Chop the Smallage exceeding small, and put it in good half hour before you are to take your Pottle from the fire. You are to season your Gruel with little salt, at the due time, and you may put little Nutmeg and Mace to it. When you have it

ken it from the fire, put into it a good proportion of Butter, which stir well to incorporate with the Gruel, when it is melted.

About Water-gruel.

When you set to the fire a big Pot of Oat-meal, (which must be but once cut, that is, every corn cut once a two) and water, to make Water-gruel; let it boil long, till it be almost boiled enough, then make it rise in a great ebullition, in great galloping waves, and skim off all the top, that riseth; which may be a third part of the whole, and is the Cream, and hath no gross visible Oat-meal in it. Boil that a while longer by it self, with a little Mace and Nutmeg, and season it with Salt. When it is enough, take it off, and put Sugar, Butter, and a little red Rose-water to it, and an egg with a little White-wine, if you like it, and would have it more nourishing. This is by much better, then the part which remaineth below with the body of the Oat-meal. Yet that will make good Water-gruel for the Servants.

If you boil it more leisurely, you must skim off the Cream, as it riseth in boiling; else it will quickly sink down again to the rest of the gross Oat-meal. And thus you may have a finer Cream then with hasty boiling.

An excellent and wholesome Water-gruel with Wood-sorrel and Currans.

Intre a Posnet of two quarts of water, besides the due proportion of beaten Oat-meal, put two handfuls of Wood-sorrel, a little chopped and bruised, and a good quantity of picked and washed

Curranstied loosely in a thin stuff bag (as a bolter cloth.) Boil these very well together, seasoning the Composition in due time, with Salt, Nutmeg, Mace, or what else you please, as Rosemary, &c. when it is sufficiently boiled, strain the Oat-meal, and press out all the juyce and humidity of the Currans and Herbs, throwing away the insipid husks; and season it with Sugar and Butter, and to each Porringer full two spoonfulls of Rhenish-wine, and the yolk of an egg.

The Queens Barley-Cream.

You must make a good Barley-water, throwing away the three first waters as soon as they boil; which will take up about three quarters of an hour. Then you boil a large quantity of water with the Barley (which thus prepared makes the water no more red or russet) during an hours space or more; (that it may be strong of the Barley; pearl Barley is best) towards the latter end put in the Pullet flaid, and the legs cut off: If it should boil too long, the emulsion would taste too fleshy. When it is enough, let the broth run clear from the Barley and Pullet, and beat the Almonds with the broth, and strain them from it. Then sweeten it with Sugar. This is to make at least two English quarts of Emulsion. I should like to put some pulp of Barley, boiled by it self, to strain with the Almond-milk, and if you will, some Melon-seeds. You may put some juyce of Limon or Orange to it. Also season it with Cinnamon, and make the broth stronger of the flesh.

The Queens white Potage is made only of the white flesh of Capon beaten with good broth, and strained,

strained, and a little juyce of Limon or Orange ;
but no Almonds.

Pressis Nourissant.

The Queen Mothers Pressis was thus made. Take
a Sige of Mutton, a piece of Veal, and a Capon
(or half the quantity of each of these) and put
them to roast with convenient fire, till they are
above half roasted, or rather till they be two thirds
roasted. Then take them off, and squeeze out all
their juyce in a press with screws, and scum all the
fat from it, and put it between two dishes upon a
Chafing-dish of Coals, to boil a very little, or ra-
ther but to heat well ; for by then it is through
hot, the juyce will be ripened enough to drink,
whereas before it was raw and bloody ; then if
you perceive any fat to remain and swim upon it,
cleanse it away with a Feather. Squeeze the juyce
of an Orange (through a holed spoon) into half a
Porrenger full of this, and add a little salt, and
drink it. The Queen used this at nights instead of
a Supper ; for when she took this, she did eat no-
thing else. It is of great, yet temperate nourish-
ment. If you take a couple of Partridges instead
of a Capon, it will be of more nourishment, but
hotter. Great weaknesses and Consumptions have
been recovered with long use of this, and strength
and long life continued notably. It is good to take
two or three Spoonfuls of it in a good ordinary
bouillon. I should like better the boiling the same
things in a close flagon in *bulliente Balneo*, as my La-
dy Kent, and my Mother used.

Broth and Potage.

Monfieur de Bourdeaux used to take a mornings a broth thus made. Make a very good broth (so as to gelly, when it is cold) of a lean piece of a leg of Veal; the Crag-end of a neck of Mutton, and a Pullet, seasoning it with a little Salt, Cloves, and Pepper to your mind. Beat some of it with a handful of blanched Almonds, and twenty husked seeds of Citron, and strain it to the whole: put Sugar to it, and so drink it in an Emulsion.

Otherwhiles he would make a Potage of the broth, (made without fruit) boiling and stewing it with some light bread.

Pas Cotto.

To make a *Pas Cotto*, as the Cardinals use in Rome. Take much thinner broth, made of the fleshes as above (or of Mutton alone) and boil it three hours gently, and close covered in *une pignata*, with lumps of fine light bread tosted or dried. *Un Pas gratote* is made the same way with fine light bread grated. Season the broth of either lightly with Salt, and put in the Spice at the last, when the bread is almost boiled or stewed enough. You may use juyce of Orange to any of these. A wholesome course of diet is, to eat one of these, or Panada, or Cream of Oat-meal, or Barley, or two New-laid-eggs for breakfast; and dine at four or five a clock, with Capon, or Pullet, or Partridge, &c. beginning your meal with a little good nourishing Potage. Two poched eggs with a few fine dry-fryed Collops of pure Bacon, are not bad for breakfast, or to begin a meal.

My Lord Lumley's Pease-Potage.

Take two quarts of Pease, and put them into an ordinary quantity of water, and when they are almost boiled, take out a pint of the Pease whole, and strain all the rest. A little before you take out the pint of Pease, when they are all boiling together, put in almost an ounce of Coriander-seed beaten very small, one Onion, some Mint, Parsley, Winter-savory, Sweet-marjoram, all minced very small; when you have strained the Pease, put in the whole Pease and the strained again into the pot, and let them boil again, and a little before you take them up, put in half a pound of sweet-butter. You must season them in due time, and in the ordinary proportion with Pepper and Salt.

This is a proportion to make about a gallon of Pease-potage. The quantities are set down by guess. The Coriander-seeds are as much as you can conveniently take in the hollow of your hand. You may put in a great good Onion or two. A pretty deal of Parsley, and if you will, and the season afford them, you may add what you like of other Potage herbs, such as they use for their Potages in *France*. But if you take the savoury herbs dry, you must crumble or beat them to small Powder (as you do the Coriander-seed) and if any part of them be too big to pass through the strainer, after they have given their taste to the quantity, in boiling a sufficient while therein, you put them away with the husks of the Pease. The pint of Pease that you reserve whole, is only to shew that it is Pease-potage. They must be of the thickness of ordinary Pease-potage. For which these proportions will make about a gallon.

Booth

Broth for sick and convalescent Persons:

Put a Crag-end of a neck of Mutton, a knuckle of Veal, and a Pullet into a Pipkin of water, with a spoonful or two of French-barley first scalded in a waste or two. The Pullet is put in after the other meat is well skinned, and hath boiled an hour. A good time after that, put in a large quantity of Sorrel, Lettice, Purslane, Borage, and Bugloss, and boil an hour more, at least three hours in all. Before you put in the herbs, season the broth with Salt, a little Pepper and Cloves, strain out the broth and drink it.

But for Potage, put at first a good piece of fleshy young Beef with the rest of the meat. And put not in your herbs till half an hour before you take off the Pot. When you use not herbs, but Carrots and Turnips, put in a little Penny-royal and a sprig of Thyme. Vary in the season with Green-pease, or Cucumber quartered long-wise, or green-sowre Yerjuice Grapes, always well seasoned with Pepper, Salt, and Cloves. You pour some of the broth upon the sliced bread by little and little, stewing it before you put the herbs upon the Potage.

The best way of ordering your bread in potages, is thus. Take light spongy fine white French bread, cut only the crusts into toasts. Toast them exceeding dry before the fire, so that they be yellow. Then put them hot into a hot dish, and pour upon them some very good strong broth, boiling hot. Cover this, and let them stew together gently, not boil; and feed it with fresh broth still as it needeth. This will make the bread swell much, and become like jelly.

An Excellent Posset.

Take half a pint of Sack, and as much Rhenish Wine, sweeten them to your taste with Sugar. Beat ten yolks of Eggs, and eight of whites exceeding well, first taking out the Cocks tread, and if you will the skins of the yolks; sweeten these also, and pour them to the Wine; add a stick or two of Cinnamon bruised; set this upon a Chafin-dish to heat strongly, but not to boil; but it must begin to thicken. In the mean time boil for a quarter of an hour three pints of Cream seasoned duly with Sugar and some Cinnamon in it. Then take it off from boiling, but let it stand near the fire, that it may continue scalding-hot while the Wine is heating. When both are as scalding-hot as they can be without boiling, pour the Cream into the Wine from as high as you can. When all is in, set it upon the fire to stew for half an hour. Then sprinkle all about the top of it the juyce of a quater of a Limon; and if you will, you may strew powder of Cinnamon and Sugar, or Ambergreese upon it.

Pease of the seedy Buds of Tulips.

In the Spring (about the beginning of May) the flowry leaves of Tulips do fall away, and there remains within them the end of the stalk, which in time will turn to seed. Take that seedy end (then very tender) and pick from it the little excrescences about it, and cut it into short pieces, and boil them and dress them as you would do Pease; and they will taste like Pease, and be very savory.

Boiled Rice dry.

The manner of boiling Rice to eat with Butter, is this. In a pipkin pour upon it as much water, as will swim a good fingers breadth over it. Boil it gently, till it be tender, and all the water drunk into the Rice; which may be in a quarter of an hour or less. Stir it often with a wooden spatule or spoon, that it burn not to the bottom: but break it not. When it is enough, pour it into a dish, and strew it with some butter, and season it with Sugar and Cinnamon. This Rice is to appear dry, excepting for the Butter, that is melted in it.

Marrow Sops with wine.

Make thin toasts or slices of light French bread, which dry well, or toast a little by the fire, then soak them in Canary or old Malaga wine, or fine Muscat, and lay a row of them in a deep dish or basin; then a row of lumps of Marrow upon that; then strew a little fine Sugar mingled with some powder of Cinnamon and Ambergreece (and Nutmeg, if you like it) upon that. Then another row of sops, &c. repeating this, till the dish be full: and more Sugar, Cinnamon and Amber at the top, then on the other rows. If you will, you may put a row of stoned Raisins of the Sun upon every row of Marrow. Then cover the dish, and put it in an Oven to bake for half an hour, or till the Marrow be sufficiently baked.

Capon in white Broth.

My Lady of Monmouth boiled a Capon with white broth

broth thus. Make reasonable good broth, with the
 trag-ends of Necks of Mutton and Veal (of which
 you must have so much as to be at least three quarts
 of white-broth in the dish with the Capon, when
 all is done; else it will not come high enough up-
 on the Capon.) Beat a quarter of a pound of blan-
 ched Almonds with three or four Spoonfuls of
 Cream, and if you will, a little Rose-water;
 then add some of your broth to it, so to draw out
 all their substance, mingling it with the rest of the
 broth. Boil your Capon in fair water by it self; and
 a Marrow-bone or two by themselves in other wa-
 ter. Likewise some Chestnuts (instead of which you
 may use Pistaccios, or macerated Pine-kernels)
 and in other water some Skirrets or Endive, or Par-
 sey-roots, according to the season. Also plump
 some Raisins of the Sun, and stew some sliced
 Dates with Sugar and water. When all is ready to
 joyn, beat two or three new-laid eggs (whites and
 all) with some of the White-broth, that must then
 be boiling; and mingle it with the rest, and let it
 boil on; and mingle the other prepared things
 with it, as also a little sliced Oringiado (from
 which the hard Candy-sugar hath been soak-
 ed off with warm water) or a little peel of Orange
 (or some Limon pickled with Sugar and Vinegar,
 such as serves for Salers) which you throw away,
 after it hath been a while boiled in it; and put a
 little Sack to your broth, and some Ambergreece,
 if you will, and a small portion of Sugar; and
 last of all, put in the Marrow in lumps that you
 have knocked out of the boiled bones. Then lay
 your Capon taken hot from the liquor, he is boiled
 in, upon sippets and slices of toasted light bread,
 and pour your broth and mixture upon it, and co-
 ver it with another dish, and let all stew together a
 while;

while; then serve it up. You must remember to season your broth in due time with salt and such spices as you like.

To Butter Eggs with Cream.

Take a dozen of Eggs, a pint of Cream; beat them well together, and put three quarters of a pound of Butter to them, and so set them on the fire to harden, and stir them, till they are as hard, as you would have them.

To make Cock-Ale.

Take eight gallons of Ale, take a Cock and boll him well; then take four pounds of Raisins of the Sun well stoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates; beat these all in a Mortar, and put to them two quarts of the best Sack: and when the Ale hath done working, put these in, and stop it close six or seven days, and then bottle it, and a month after you may drink it.

To make Plague-water.

Take a pound of Rue, of Rosemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red brambles, of Pimpernel, Wild-dragons, Agrimony, Balm, Angelica, of each a pound. Put these Compounds in a pot, fill it with White-wine above the herbs, so let it stand four days. Then still it for your use in a Limbeck.

Another Plague-water.

Take Rue, Agrimony, Wormwood, Celandine, Sage, Balm, Mugwort, Dragons, Pimpernel, Marigold, Fetherfew, Burnet, Sorrel, and Elecampane-roots scraped and sliced small, Scabious, Woodbetony, brown May-weed, Mints, Avence, Tormentil, *Cardus Benedictus*, and Rosemary as much as any thing else, and Angelica if you will. You must have like weight of all them, except Rosemary afore said, which you must have twice as much of as of any of the rest; then mingle them all together and shred them very small; then steep them in the best White-wine you can get, three days and three nights, stirring them once or twice a day, putting no more Wine then will cover the herbs well; then still it in a common still, and take not too much of the first water, and but a little of the second, according as you feel the strength, else it will be lowre. There must be but half so much Elecampane as of the rest.

To make Raspberry-wine.

Take four gallons of Deal Wine, put it into an earthen jagg; put to it four gallons of Raspberries; let them stand so infusing seven days: then press it out gently: Then infuse as many more Raspberries seven days longer, and so three times if you please; put to it as much fine Sugar as will make it pleasant; put it into a Rundle close stopped, let it stand till it is fine, and then draw it into bottles, and keep it till it be fine.

To keep Quinces all the year good.

Take all your least and worst Quinces, that are sound, and cut them in pieces, with all the Cores and Parings you make: boil them more then an hour; then put the Quinces into this boiling liquor, and take them forth presently, not letting them boil, and lay them to cool one by one apart; then take the liquor and strain it, and put for every gallon of liquor half a pint of honey: then boil it and scum it clean; let it be cold, and then put your Quinces into a pot or tub, that they be covered with the liquor, and stop it very close with your Paste.

To make a White-Pot.

Take three quarts of Cream, and put into it the yolks of twelve eggs; the whites of four being first very well beaten between three quarters of a pound of Sugar, two Nutmegs grated, a little Salt; half a pound of Raisins first plump'd. These being sliced together, cut some thin slices of a stale Manchet; dry them in a dish against the fire, and lay them on the top of the Cream, and some Marrow again upon the bread, and so bake it.

To make an Hotchpot.

Take a piece of Brisket Beef, a piece of Mutton, a knuckle of Veal, a good Colander of Pot-herbs; half minced Carrots, Onions, and Cabbage a little broken. Boil all these together until they be very thick.

Another

Another Hotchpot.

Take a pot of two gallons or more, and take a
brisk rand of Beef, any piece of Mutton, and a
piece of Veal; put this with sufficient water into
the pot, and after it hath boiled, and been skimmed,
put in a great Culander full of ordinary pot-herbs,
a piece of Cabbage, all half cut; a good quanti-
ty of Onions whole, six Carrots cut and sliced,
and two or three Pippins cut and quartered. Let
this boil three hours until it be almost a gelly, and
stir it often, lest it burn.

To stew Beef.

Take good fat Beef, slice it very thin into small
pieces, and beat it well with the back of a Chop-
ping-knife. Then put it into a Pipkin, and cover it
with Wine and water, and put unto it a handful of
good herbs, and an Onion, with an Anchover.
Let it boil two hours: A little before you take it
up, put in a few Marigold-flowers, and so season
it with what Spice you please, and serve them up
both with Chippets.

Another to stew Beef.

Take very good Beef, and slice it very thin, and
beat it with the back of a knife; put to it the gra-
vy of some meat, and some Wine or strong-beeth;
sweet-herbs at quantity; let it stew till it be very
tender; season it to your liking, and varnish your
dish with Marigold-flowers or Barberries.

To stew a Breast of Veal.

Take a Breast of Veal half roasted; and put it in a stewing with some Wine and Gravy; three or four yolks of Eggs minced small, a pretty quantity of Sweet herbs with an Onion, Anchovies, or Limon; stick it either with Thyme or Limon-peels; and season it to your liking.

Stew of Horse-Radish.

Take roots of Horse-radish scraped clean; and lay them to soak in fair water for an hour: then rasp them upon a Grater, and you shall have them all in a tender spongy pap. Put vinegar to it, and a very little Sugar, not so much as to be tasted, but to quicken (by contrary) the taste of the other.

The Queens Hotchpot. *From Mr. Eschier de Cusines, Mr. de Montaigne.*

The Queens Mothers Hotchpot of Mutton. It is exceeding good of fresh Beef also, for those whose stomachs can digest it. Cut a neck of Mutton, crag-end and all into steaks (which you may beat if you will; but they will be very tender without beating) and in the mean time prepare your water to boil and Posnet; (which must be of a convenient bigness to have water enough to cover the meat, and serve all the stewing it, without needing to add any more to it; and yet no superfluous water at last.) Put your meat into the boiling water; and when you have scummed it clean, put into it a good handful of Parsley, and as much of Sibboulets (young Onions; or Sives) chop-

chopped small, if you like to eat them in substance ; otherwise tied up in a bouquet, to throw them away, when they have communicated to the water all their taste ; some Pepper, three or four Cloves, and a little Salt, and half a Limon first pared. These must stew or boil simpringly (covered) at least three or four hours (a good deal more, if Beef) stirring it often, that it burn not to. A good hour before you intend to take it off, put some quartered Turnips to it, or if you like them, some Carrots. A while after take a good lump of Household bread, bigger than your fist, crust and crum, broil it upon a Gridiron, that it be thoroughly tosted ; scrape off the black burning on the out-side ; then soak it thoroughly in Vinegar, and put this lump of toast into your Posnet to stew with it, which you take out and throw away after a while. About a quarter of an hour before you serve it up, melt a good lump of Butter (as much as a great egg) till it grow red ; then take it from the fire, and put to it a little fine flower to thicken it (about a couple of spoonfuls) like thick pap. Stir them very well together ; then set them on the fire again, till it grow red, stirring it all the while ; then put to it a ladleful of the liquor of the pot, and let them stew a while together to incorporate, stirring it always. Then pour this to the whole substance in the Posnet to incorporate with all the liquor, and so let them stew a while together. Then pour it out of the Posnet into your dish, meat and all ; for it will be so tender, it will not endure taking up piece by piece with your hand. If you find the taste not quick enough, put into it the juyce of the half Limon, you reserved. For I should have said, that when you put in the herbs, you squeeze in also the juyce of half a Limon (pared from the yellow rind,

which else would make it bitter) and throw the pared and squeezed half (the substance) into it afterwards. The last things (of Butter, Bread, flower) cause the liaison and thickening of the liquor. If this should not be enough, you may also put a little gravy of Mutton into it; stirring it well when it is in, lest it curdle in stewing, or you may put the yolk of an egg or two to your liaison of Butter, Flower, and ladleful of broth.

For gravy of Mutton. Roast a juicy leg of Mutton three quarters. Then gash it in several places, and press out the juyce by a screw-press.

A savoury and nourishing bailed Capon,

Del Conte di Trino, a Milano.

Take a fat and fleshy Capon, or a like Hen, dress it in the ordinary manner, and cleanse it within from the guts, &c. Then put in the fat again into the belly, and split the bones of the legs and wings (as far as you may, not to deface the Fowl) so as the Marrow may distill out of them. Add a little fresh Butter and Marrow to it; season it with Salt, Pepper, and what other Spice you like, as also Savory herbs. Put the Capon with all these condiments into a large strong sound bladder of an Ox (first well washed and scoured with Red-wine) and tie it very close and fast to the top, that nothing may come out, nor any water get in (and there must be void space in the bladder, that the flesh may have room to swell and ferment in; therefore it must be a large one.) Put this to boil for a couple of hours in a kettle of water, or till you find by touching the Bladder, that the Capon is tender and boiled enough. Then serve it up in a dish, in the Bladder (dry wiped) which when you cut, you will

will first a precious and nourishing liquor to eat with bread, and the Capon will be short, tender, most savoury, and full of juyce, and very nourishing.

I conceive, that if you put enough Oxe-marrow, you need no butter; and that it may do well to add Ambergreece, Dates sliced and pithed, Raisins, Currans, and a little Sugar.

peradventure this might be done well in a silver flagon close luted, set in *Balneo bulliente*, as I make the nourishing broth or gelly of Mutton or Chickens, &c.

An excellent Baked Pudding.

Slice thin two penny-rolls, or one, of French bread, the tender part. Lay it in a dish or pan: Pour upon it a quart of Cream, that hath been well boiled. Let it stand almost half an hour, till it be almost cold. Then stir the bread and Cream very well together, till the bread be well broken and incorporated. (If you have no French bread, take stale *Kingston* bread grated) add to this two spoonfuls of fine wheat-flower, the yolks of four eggs, and the whites of two; a Nutmeg grated small, Sugar to your taste, a little Salt, and the Marrow of two bones a little shreded. Stir all these together, then pour it into a dish greased over with Butter, and set it uncovered in the Oven to bake. About half an hour will serve, and give the top a yellow crispness. Before you put in the Marrow, put in a quarter of a pound and a half of Raisins of the Sun, and as much of Currans; ordering them so, that they may not fall to the bottom, but be all about the pudding.

My Lady of Portland's Minced Pyes.

Take four pounds of Beef, Veal, or Neats-tongues, and eight pounds of Suet; and mince both the meat and Suet very small, before you put them together. Then mingle them well together, and mince it very small, and put to it six pounds of Currans washed and picked very clean. Then take the peel of two Limons, and half a score of Pippins, and mince them very small. Then take above an ounce of Nutmegs, and a quarter of an ounce of Mace, some Cloves and Cinnamon, and put them together, and sweeten them with Rose-water and Sugar; and when you are ready to put them into your paste, take Citron and Oringiade, and slice them very thin, and lay them upon the meat: If you please put Dates upon the top of them. And put amongst the meat an ounce of Caraway-seeds. Be sure you have very fine paste.

My Lady of *Portland* told me since, that she finds Neats-tongues to be the best flesh for Pyes. Parboil them first: For the proportion of the ingredients she likes best to take equal parts of flesh, of Suet, of Currans, and of Raisins of the Sun. The other things in proportion as is said above. You may either put the Raisins in whole, or stone the greatest part, and mince them with the meat. Keep some whole ones to lay a bed of them at the top of the Pye, when all is in. You will do well to stick the Candid Orange-peel, and green Citron-peel into the meat. You may put a little Sack or Greek-Muskadine into each Pye. A little Amber-sugar does well here. A pound of flesh, and proportionably of all things else, is enough for once in a large family.

*Another way of making excellent Minced Pyes
of my Lady Portlands.*

Parboil Neats-tongues, then peel and wash them with as much as they weigh of Beef-suet, and stoned Raisins, and picked Currans. Chop all exceeding small, that it be like Pap. Employ therein at least an hour more, then ordinarily is used. Then mingle a very little Sugar with them, and a little Wine, and thrust in up and down some thin slices of green Candid Citron-peel. And put this into Coffins of fine light well reared crust. Half an hours baking will be enough. If you strew a few Carvi comfits on the top, it will not be amiss.

Minced Pyes.

My Lady *Lasson* makes her finest Minced Pyes of Neats-tongues; but she holdeth the most savoury ones to be of Veal and Mutton equal parts very small minced. Her finest crust is made by sprinkling the flower (as much as it needeth) with cold water, and then working the paste with little pieces of raw Butter in good quantity. So that she useth neither hot water, nor melted Butter in them: And this makes the crust short and light. After all the meat and seasoning, and Plombs and Citron-peel, &c. is in the Coffin, she puts a little Ambered Sugar upon it, thus; Grind much two grains of Amber-greece, and half a one of Musk, with a little piece of hard Loaf-Sugar. This will serve six or eight pyes, strewed all over the top. Then cover it with the lid, and set it in the Oven.

To Roast fine Meat.

When the Capon, Chickens, or Fowl, have been long enough before the fire, to be through hot, and that it is time to begin to baste them ; baste them once all over very well with fresh Butter ; then presently powder it all over very thin with flower. This by continuing turning before the fire, will make a thin crust, which will keep in all the juyce of the meat. Therefore baste no more, nor do any thing to it, till the meat be enough roasted. Then baste it well with Butter as before, which will make the crust relent and fall away ; which being done, and that the meat is growing brown on the outside, besprinkle it over with a little ordinary white Salt in gross grains, and continue turning, till the out-side be brown enough.

The Queen useth to baste such meat with yolks of fresh eggs beaten thin, which continue to do all the while it is roasting.

Savory Collops of Veal.

Cut a leg of Veal into thin collops, and beat them well with the back of a knife : Then lay them in soak a good half hour in the yolks of four eggs, and the whites of two very well beaten, and a little small shreded Thyme mingled with it ; then lay them in the Frying-pan, wherein is boiling Butter, and pour upon them the rest of the eggs, that the Collops have not imbibed, and carry with them, and fry them very well, turning them in due time. Then pour away all the Butter, and make them a sauce of gravy seasoned with Salt and Spice, and juyce of Orange at last squeezed upon them.

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*A Fricase of Lamb-steaks, or Sweet-breads, or
Chickens, or Veal, or Mutton.*

Boil the meat in little pieces (if Chicken, flayd and beaten) in the pan with a pint of fair water, with due seasoning. When it is very tender, put some Butter to it, and pour upon it a liquor made of four yolks of eggs beaten with a little white wine and some Verjuice; and keep this in motion over the fire, till it be sufficiently thickened. Then pour it into a warm dish, and squeeze some juyce of Orange upon it, and so serve it up. If you would have the meat first made brown and *Rissolé*, fry it first wth Butter, till it be brown on the out-side; then pour out all the Butter, and put water to it, in which boil it, and do all as before. If you like Onions or Garlick, you may put some to the water. Flesh broth may be used (both ways) in stead of water, and maketh it more savoury.

A nourishing Hachy.

Take good gravy of Mutton or Veal, or of both, with the fat clean skimmed off; break into it a couple of new-laid eggs, and stir them in it over a Chafing-dish of coals; in the mean time mingle some small cut juicy hachy of Rabbet, Capon, or Mutton with another parcel of like gravy as above, till it be pretty thin. Then put this to the other upon the fire, and stir them well with a spoon, whiles they heat. When all is heated through, it will quicken of a sudden. You may put in at first a little chipping of crusty bread, if you will. Season this with white Pepper, Salt, juyce of Orange or verjuice of Barberries, or Onion, or what you like best.

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A pint of gravy (or less) four or five spoonfuls of hachy, and two eggs, is a convenient proportion for a light supper.

Such gravy, with an onion split in two, lying in it while it is heating, and a little Pepper and Salt, and juyce of Limon or Orange, and a few chip-pings of light bread, is very good sauce for Partridges or Cocks.

Excellent Marrow Spinage Pasties.

Take Spinage and chop it a little, then boil it till it be tender; in the mean time make the best rich light crust you can, and roul it out, and put a little of your Spinage into it, and Currans and Sugar, and store of lumps of Marrow; clap the paste over this to make little Pasties deep within, and fry them with clarified Butter.

To pickle Capons my Lady Portland's way.

Take two large fleshy Capons, not too fat; when you have draw'd and trussed them, lay them upon a Chafin-dish of Charcoals to singe them, turning them on all sides, till the hair and down be clean singed off. Then take three pounds of good Lard, and cut it into larding pieces, about the thickness of a two-penny cord, and lard it well, but first season your bits of Lard, with half an ounce of Pepper, and a handful of Salt; then bind each of them well over with pack-thread, and have ready over the fire about two gallons of Beef-broth, and put them in a little before it boileth: when they boil, and are clean skimmed, then put in some six Bay-leaves, a little bunch of Thyme, two ordinary Onions stuck full of Cloves, and Salt,

If it be not salt enough already for pickle; when it hath boiled about half an hour, put in another half ounce of beaten white Pepper, and a little after put in a quart of White-wine; so let it boil, until it hath boiled in all an hour, and so let it lie in the pickle till you use it, which you may do the next day, or any time within a fortnight: Instead of broth you may use water, which is better; in case you do four or six, which of themselves will make the pickle strong enough: If you will keep them above four days, you must make the pickle sharp with Vinegar.

Very good Sauce for Partridges or Chickens.

To ordinary sauce of sliced or grated bread soaked in good Bouillon, with Butter melted in it, put gravy of Mutton, and a cloven Onion or two to stew with it whilst you put it upon the fire to heat anew. Then take out the Onion, and put in some Limon sliced, or juyce of Limon, and some white Pepper. You put in his proportion of Salt before.

To make Minced Pyes.

Take two Neats-tongues and boil them; shred them with Beef-suet, and put in Cloves and Mace beaten very small, with Raisins, Currans, and Sugar: you must mingle them before you put in your Suet. Fat double crispes boiled tender, then minced, make very good Pyes.

To make a French-Barley Poffet.

Take two quarts of Milk to half a pound of French

French-Barley, boil in until it is enough; when the Milk is almost boiled away, put to it three pints of good Cream. Let it boil together a quarter of an hour, then sweeten it, and put in Mace, Cinnamon in the beginning, when you first put in your Cream. When you have done so, take White-wine a pint, or Sack and White-wine together, of each half a pint; sweeten it as you love it with Sugar; pour in all the Cream, but leave your Barley behind in the skillet. This will make an excellent posset; nothing else but a tender curd to the bottom: let it stand on the Coals half a quarter of an hour.

To make Puff paste.

Take a gill of cold water, two whites of eggs, and one yolk; to a quart of Flower one pound of Butter; so roul it up, but keep out of the Flower so much as will roul it up.

To make a Pudding with Puff-paste.

Take a new French penny-loaf, and slice it very thin, and lay it in a dish, and take three pints of Cream, and boil it with a little Mace and Nutmeg grated; sweeten it with a little Sugar, and add to it a little Salt: then let it stand till it be cold. Then take ten yolks of eggs; and beat them very well with two or three spoonfuls of the Cream; then put it into the Cream, and stir them well together. Take the Marrow of three bones, lay half the Marrow upon the bread in good big lumps, and some Citron and Candid Limon, and what other sweetmeats you like. Then pour it all upon the bread, then put the rest of your Marrow on the top with
Citron

Citron and Candid Limon. I forgot to tell you, that you must lay a Puff-paste at the bottom of the dish, before you put in the bread, and cover it with the same.

To make Pear-Puddings.

Take a cold Turkey, Capon, or cold Veal, shred it very small, and put almost as much Beef-Suet as your meat, and mince it very small. Then put Salt and Nutmeg grated, half a pound of Carrans, a little grated bread, and a little Flower. Then put in three yolks of eggs, and one of the whites, beaten very well. Then take so much Cream as will wet them, and make them up as big as a Bon-cher-stien pear; and as you make them up, take a little Flower in your hand, that they may not cling. Then put in little sticks at the bottom like the stems of Pears, or make them up in balls. Butter the dish very well, and send them up in the same dish you bake them in. They will be baked in about half an hour. I think the dish needeth not to be covered whiles it baketh. You may make Minced Pyes thus, and bake them with Puff-paste in a dish like a Florenden, and use Marrow instead of Suet.

Marrow-Puddings.

Take the pith of Beeves, a good spoonful of Almonds very small beaten with Rose-water; beat the pith when the skin is taken off very well with a spoon; then mingle it with the Almonds, and put in it six yolks of eggs well beaten, and four spoonfuls of Cream boiled and cold, it must be very thick; put in a little Ambergreece, and as much Sugar as will sweeten them; a little Salt, and the Marrow of two good bones cut in little pieces.
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When your Beefs-guts are seasoned, fit them up and boil them.

To make Red Deer.

Take a piece of the Buttock of Beef, the leanest of it, and beat it with a rowling-pin the space of an hour, till you think you have broken the grain of it, and have made it very open both to receive the fowling-drink, and also to make it tender. Then take a pint of Vinegar, and a pint of Claret-wine, and let it lie therein two nights, and two days. Then beat a couple of Nutmegs, and put them into the fowling-drink; then lard it. Your lard must be as big as your greatest finger for consuming. Then take Pepper, Cloves, Mace, and Nutmegs, and season it very well in every place, and so bake it in eye-paste, and let it stand in the Oven six or seven hours. And when it hath stood three hours in your Oven, then put it in your fowling-drink as is aforesaid; and you may keep it a quarter of a year if it be kept close.

To make a shoulder of Mutton like Venison.

Save the blood of your sheep, and strain it. Take grated bread almost the quantity of a penny-loaf, Pepper, Thyme, chopped small; mingle these ingredients with a little of the blood, and stuff the Mutton. Then wrap up your shoulder of Mutton, and lay it in the blood twenty four hours; prick the shoulder with your Knife, to let the blood into the flesh, and so serve it with Venison sauce.

To stew a Rump of Beef.

Take a Rump of Beef, and season it with Nutmegs grated, and some Pepper and Salt mingled together, and season the Beef on the bony-side; lay it in a pipkin with the fat side downward. Take three pints of Elder-wine-vinegar, and as much water, and three great Onions, and a bunch of Rosemary tied up together: put them all into a pipkin, and stew them three or four hours together with a soft fire, being covered close. Then dish it up upon sippets, blowing off the fat from the Gravy; and some of the Gravy put into the Beef, and serve it up.

To boil smoked Flesh.

Monsieur Overbec doth tell me, that when he bolleth a gammon of Bacon, or any salted flesh and hanged in the smoak (as Neats-tongues, Hung-beef, and Hogs-cheeks, &c.) He putteth into the kettle of water to boil with them three or four handfuls of *fleur de foin*, (more or less according to the quantity of flesh and water) tied loosely in a bag of coarse cloth. This maketh it much tenderer, shorter, mellowed, and of a finer colour.

A plain but good Spanish Oglia.

Take a Rump of Beef, or some of a Brisket or Buttock cut into pieces, a loin of Mutton, with the superfluous fat taken off, and a fleshy piece of the leg of Veal or a Knuckle, a piece of interlarded Bacon, three or four Onions, (or some Garlic) and if you will, a Capon, or two, or three great

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same Pigeons. First, put into the water the Beef and the Bacon; after a while the Mutton, and Veal, and Onions: but not the Capon or Pigeons till only so much time remain, as will serve barely to boil them enough. If you have *Garsuazars*, put them in at the first, after they have been soaked with ashes all night in heat, and well washed with warm water, after they are taken out; or if you will have Cabbage, or Roots, or Leeks, or whole Onions, put them in time enough to be sufficiently boiled. You may at first put in some crust of bread, or Venison Pye-crust. It must boil in all five or six hours gently, like stewing after it is well boiled. A quarter or half an hour before you intend to take it off, take out a porringer full of broth, and put to it some Pepper, and five or six Cloves, and a Nutmeg, and some Saffron, and mingle them well in it. Then put that into the pot, and let it boil or stew with the rest a while. You may put in a bundle of sweet herbs. Salt must be put in as soon as the water is skimmed.

Vnova Lattate.

Take a quart of good, but fine broth; beat with it very well eight new-laid eggs (whites and all) and put in a little Sugar, and if you will a little Amber, or some Mace, or Nutmeg. Put all this into a fit Pipkin, and set this in a great one, or a kettle of boiling water, till it be stiffened like a Custard.

Vnova Spersa.

When some broth is boiling in a pipkin, pour in to it some eggs well beaten, and they will curdle

in a lump, when they are enough; take them out with a holed ladle, and lay them upon the bread in the Minestra.

To make excellent Black Puddings.

Take a quart of Sheeps blood, and a quart of Cream; ten eggs, the yolks and the whites beaten well together: stir all this liquor very well, then thicken it with grated bread, and Oatmeal finely beaten, of each a like quantity; Beef-suet finely shred, and Marrow in little lumps, season it with a little Nutmeg, and Cloves, and Mace mingled with Salt, a little Sweet-marjoram, Thyme, and Penny-royal shred very well together, and mingle them with the other things: Some put in a few Currans, then fill them in cleansed guts, and boil them carefully.

A Receipt to make White Puddings.

Take a fillet of Veal, and a good fleshy Capon, then half roast them both, and take off their skins; which being done, take only the wings and brawns with an equal proportion of Veal, which must be shred very small, as is done for Sallages. To this shred half a pound of the belly part of interlarded Bacon, and half a pound of the finest leaf (*is panne*) of a Hog cleared from the skin; then take the yolks of eighteen or twenty eggs, and the whites of six well beaten with as much milk and Cream, as will make it of convenient thickness; and then season it with Salt, Cloves, Nutmeg, Mace, Pepper and Ginger, if you please. The Puddings must be boiled in half Milk and half water. You are to use small Guts, such as for white Marrow-puddings,

dings, and they are to be cleansed in the ordinary manner, and filled very lankly; for they will swell much in the boiling, and break if they be too full.

To make an excellent Pudding.

Take of the Tripes of Veal the whitest and finest you can find; wash them well, and let them lie in fair Fountain or River water, till they do not smell like Tripes. This done, cut them so small as is necessary to pass through a Tunnel. Take also one or two pounds of Pork, that hath not been salted, and cut it as small as the Tripes, and mingle them all together; which season with Salt, White-pepper, Anniseeds beaten, and Coriander-seeds: Then make a liaison with a little milk and yolks of eggs; and after all is well mingled and thickened, as it ought to be, you must fill with it the greatest guts of a Hog, that may be had, with a Funnel of white iron, having first tied the end of the gut below. Do not fill it too full, for fear they should break in the boiling, but leave room enough for the flesh to swell. When you are going to boil them, put them into a kettle, with as much milk as will cover and boil them: being boiled, let them lie in the liquor till they are almost cold, then take them out and lay them in a basket upon a clean linnen cloth to cool.

If they are well seasoned, they will keep twelve or fifteen days; provided you keep them in a good place, not moist, nor of any bad smell. You must still turn them, and remove them from one place to another.

Scotch Collops:

My Lord of *Bristol's* Scotch Collops are thus made: Take a leg of fine sweet Mutton, that, to make it tender, is kept as long as possible may be without stinking. In Winter seven or eight days. Cut it into slices with a sharp Knife as thin as possibly you can. Then beat it with the back of a heavy knife, as long as you can, not breaking it in pieces. Then sprinkle them with Salt, and lay them upon the Gridiron over a small Charcoal fire, to broil, till you perceive that side is enough, and before any moisture run out of them upon the fire. Then lay the Collops into a warm dish close covered, till the Gravy be run out of them. Then lay their other side upon the Gridiron, and make an end of broiling them, and put them again into the dish, where the former Gravy run out. Add to this more Gravy of Mutton, heightened with Garlick or Onions, or Eschalots; and let them stew a while together, then serve them in very hot.

They are also very good of a Rump of tender Beef.

To roast Wild-Boar.

At *Frankfort*, when they roast Wild-boar (or Ro-buck, or other Venison) they lay it to soak, six or eight, or ten days (according to the thickness and firmness of the piece and penetrability of it) in good Vinegar, wherein is Salt and Juniper-Berries bruised (if you will, you may add bruised Garlick or what other *Haut-goust* you like) the Vinegar coming up half way the flesh, and turn it twice a day. Then if you will, you may Lard it.

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When it is roasted, it will be very mellow and tender. They do the like with a leg or other part of fresh pork.

Pyes.

I made good Pyes there with two Hares, a good Goose and (as much as the Goose is) the lean of fresh good Pork, all well hashed and seasoned; then larded with great Lardons well seasoned, (first sprinkled with Vinegar and Wine) and covered with Bay-leaves, and sheets of Lard; then laid in past, and baked.

I made also good Pyes of Red Deer, larding well the lean, then laying under it a thick Plastron (or Cake of a finger thick) of Beef-suet, first chopped small, and seasoned well with Pepper and Salt, then beaten into a Cake fit for the meat. And another such Cake upon the Deers flesh, and so well baked in strong crust, and soaked two or three hours in the oven after it was baked enough, which required six good hours. If you use no Suet, put in Butter enough; as also, put in enough to fill the paste, after it is baked and half cold, by a hole made in the top, when it is near half baked.

Baked Venison.

My Lady of *Newport* bakes her Venison in a dish thus: A side or a hanch serves for two dishes. Season it as for a Pasty. Line the dish with a thin crust, of good pure paste, but make it pretty thick upwards towards the brim, that it may be there pudding-crust. Lay then the Venison in a round piece upon the Paste in the dish, that must not fill it up to touch the Pudding, but lie at ease; put over it

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cover, and let it over-reach upon the brim with some carved Pasty-work to grace it, which must go up with a border like a lace growing a little way upwards upon the cover, which is a little arched up, and hath a little hole in the top to pour in unto the meat the strong well seasoned broth, that is made of the broken bones, and remaining lean flesh of the Venison. Put a little pure Butter or Beef-fat to the Venison, before you put the cover on, unless it be exceeding fat. This must bake five or six hours, or more, as an ordinary Pasty. An hour, or an hour and half before you bake it out to serve up, open the Oven, and draw out the dish far enough to pour in at the little hole of the cover the strong decoction (instead of decoction in water, you may boil it by it self in *Balneo in duplici vase*, or bake it in a pot with broth and gravy of Mutton) of the broken bones and flesh. Then set it in again, to make an end of his baking and soaking. The meat within (even the lean) will be exceeding tender and like a gelly; so that you may cut all of it with a spoon. If you bake a side at once in two dishes, the one will be very good to keep cold; and when it is so, you may if you please, bake it again to have it hot; not so long as at first, but enough to have it all perfectly heated through. She bakes thus in Pewter-dishes of a large size.

Mutton or Veal may be thus baked with their due seasoning; as with Onions, or Onions and Apples, or Larding, or a Caudle, &c. Sweet-breads, Beattiles, Champignons, Treuffles, &c.

An excellent way of making Mutton Steaks.

Cut a rack of Mutton into tender Steaks, rib by rib, and beat the flesh well with the back of a knife.

a knife. Then have a composition ready, made of crumbs of stale manchet grated small, and a little Salt (a fit proportion to salt the meat) and a less quantity of white Pepper. Cover over on both sides all the flesh with this, pretty thick, pressing it on with your fingers and flat knife, to make it lie on. Then lay the Steaks upon a Gridiron over a very quick fire (for herein consisteth the well doing) and when the fire hath pierced in a little on the one side, turn the other, before any juyce drop down through the Powder. This turning the steaks will make the juyce run back the other way; and before it run through, and drop through this side, you must turn again the other side: doing so, till the Steaks be broiled enough. Thus you keep all the juyce in them, so that when you go to eat them (which must be presently, as they are taken from the fire) abundance of juyce runneth out as soon as your knife entereth into the flesh. The same person that doth this, roasteth a Capon so as to keep all its juyce in it. The mystery of it is in turning it so quick, that nothing can drop down. This maketh it the longer in roasting. But when you cut it up, the juyce runneth out, as out of a juyce leg of Mutton; and it is excellent meat.

Excellent good Collaps.

Take two legs of fleshy juyce tender young Mutton, cut them into as thin slices as may be. Beat them with the back of a thick knife, with smart, but gentle blows, for a long time, on both sides: And the strokes crossing one another every way, so that the Collaps be so short, that they scarce hang together. This quantity is near two hours beating. Then lay them in a clean frying-pan, and hold them

them over a smart fire: And it is best to have a fit cover for the pan, with a handle at the top of it, to take it off when you will. Let them fry so covered, till the side next the pan be enough; then turn the other side, and let them fry, till it be enough. Then pour them with all the Gravy (which will be much) into a hot dish, which cover with another hot one, and so serve it in to eat presently. You must season the Collops with Salt sprinkled upon them, either at the latter end of beating them, or whiles they fry. And if you love the taste of Onions, you may rub the pan well over with one, before you lay in the Steaks or Collops: or when they are in the dish, you may beat some Onion-water amongst the Gravy. You may also put a little fresh Butter into the pan to melt, and line it all over before you put in the Collops, that you may be sure they burn not to the pan. You must put no more Collops into one pan at once, then meerly to cover it with one Lare, that the Collops may not lie one upon another.

Black Puddings.

Take three pints of Cream, and boil it with a Nutmeg quartered, three or four leaves of large Mace, and a stick of Cinnamon. Then take half a pound of Almonds, beat them and strain them with the Cream. Then take a few fine herbs, beat them and strain them to the Cream, which came from the Almonds. Then take two or three spoonfuls (or more) of Chickens blood, and two or three spoonfuls of grated bread, and the Marrow of six or seven bones, with Sugar and Salt, and a little Rose-water. Mix all together, and fill your Puddings. You may put in eight or ten eggs, with the whites

whites of two well-beaten, Put in some Musk or Ambergreece,

To make Pish Puddings.

Take a good quantity of the pith of Oxen, and let it lie all night in water to soak out the blood. The next morning, strip it out of the skin, and so beat it with the back of a spoon, till it be as fine as pap: You must beat a little Rose-water with it. Then take three pints of good thick Cream, and boil it with a Nutmeg quartered, three or four leaves of large Mace, and a stick of Cinnamon. Then take half a pound of the best Jordan Almonds. Blanch them in cold water all night; then beat them in a Mortar with some of your Cream; and as they grow dry, still put in more Cream; and when they be well beaten, strain the Cream from the Almonds into the Pith. Then beat them still, until the Cream be done, and strain it still to the pith. Then take the yolks of ten eggs, with the whites of two; beat them well, and put them to your former Ingredients. Then take a spoonful of grated bread. Mingle all these together, with half a pound of fine Sugar, the Marrow of six or seven bones, and some Salt, and so fill your Puddings.

They will be much the better, if you put in some Ambergreece.

Red Herrings Broyled.

My Lord & Aubign cats Red-herrings thus broiled. After they are opened and prepared for the Gridiron, soak them (both sides) in Oyl and Vinegar beaten together in pretty quantity in a little dish. Then broil them till they are hot through,
but

but not dry. Then soak them again in the same liquor as before, and broil them a second time. You may soak and broil them again a third time; but twice may serve. They will be then very short and crisp and savoury. Lay them upon your Sallet, and you may also put upon it the Oyl and Vinegar, you soaked the Herrings in.

An Oat-meal Pudding.

Take a pint of Milk, and put to it a pint of large or midling Oat-meal; let it stand upon the fire until it be scalding hot: then let it stand by and soak about half an hour: then pick a few sweet herbs and shred them, and put in half a pound of Currans, and half a pound of Suet, and about two spoonfuls of Sugar, and three or four eggs. These put into a bag, and boiled, do make a very good pudding.

To make Pear-Puddings.

Take a cold Capon, or half roasted, which is much better; then take Suet, shred very small, the meat and Suet together; then half as much grated bread, two spoonfuls of Flower, Nutmegs, Cloves and Mace; Sugar as much as you please; half a pound of Currans; the yolks of two eggs, and the white of one; and as much Cream, as will make it up in a stiff Paste. Then make it up in fashion of a pear, a stick of Cinnamon for the stalk, and the head of a Clove.

To make Caul-Puddings.

Take three Marrow-bones, slice them; water
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the Marrow over night, to take away the blood. Then take the smallest of the Marrow, and put it into the Puddings; with a penny-loaf grated, a spoonful of Flower, and Spice as before; a quarter of a pound of Currans; Sugar as much as you please; four Eggs, two whites taken away. Cream as much as will make it as stiff as other Puddings. Stuff the Caul of Veal cut into the bigness of little Hogs-puddings; you must sew them all to one end, and so fill them; then sew up the other end, and when they are boiled, take hold of the thread, and they will all come out. You must boil them in half White-wine and half water; with one large Mace, a few Currans, a spoonful of the Pudding-stuff, the Marrow in whole lumps; all this first boiled up, then put in your Puddings, and when half boiled, put in your Marrow. One hour will boil them. Serve them up with Sippets, and no more liquor, then will serve them up: you must put Salt in all the Puddings.

A Barley-Pudding.

Take two ounces of Barley pick'd and washed, boil it in milk till it is tender; then let your milk run from it: then take half a pint of Cream, and six spoonfuls of the boiled Barley; eight spoonfuls of grated bread; four eggs, two whites taken away; Spice as you please, and Sugar and Salt as you think fit, one Marrow-bone, put in the lumps as whole as you can: Then make Puff-paste, and rowl a thin sheet of it, and lay it in a dish. Then take a piece of green Citron sliced thin, lay it all over the dish. Then take Cream, grated bread, your Spice, Sugar, Eggs, and Salt; beat all these very well together half a quarter of an hour, pour it
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your dish where Citron is, then cover it over with puff-paste, and let it bake in a quick oven three quarters of an hour. Scrape Sugar on it, and serve up.

A Pippin-Pudding.

Take Pippins and pare, and cut off the tops of them pretty deep. Then take out as much of your Apple as you can take without breaking your Apple, then fill your Apple with pudding-stuff, made with Cream, a little Sack, Marrow, grated Bread, Eggs, Sugar, Spice, and Salt. Make it pretty stiff. Put it into the Pippins, lay the tops of the Pippins upon the Pippins again, stick it through with a stick of Cinnamon: Set as many upright in your dish as you can, and so fill it up with Cream, and sweeten it with Sugar and Mace, and stew them between two dishes.

To make a baked Oat-meal-Pudding.

Take middle Oat-meal, pick it very clean, steep all night in Cream, half a pint of Oat-meal to a quart of Cream, make your Cream scalding hot, before you put in your Oat-meal, so cover it close. Take a good handful of penny-royal, shred it very small, with a pound of Beef-suet. Put it to your Cream with half a pound of Raisins of the Sun, Sugar, Spice, four or five eggs, two whites away. Bake it three quarters of an hour; and then serve it up.

A plain Quaking Pudding.

Take about three pints of new morning Milk, and

and six or seven new-laid eggs, putting away half the whites, and two Spoonfuls of fine flower, about a quarter of a Nutmeg grated, and about a quarter of a pound of Sugar (more or less, according to your taste.) After all these are perfectly mingled and incorporated together, put the matter into a fit bag, and so put it into boiling water, and boil it up with a quick fire. If you boil it too long, the milk will turn to whey, in the body or substance of the Pudding, and there will be a slimy gelly all about the outside. But in about half an hour, it will be tenderly firm, and of an uniform consistence all over. You need not put in any Butter or Marrow, or Suet, or other Spice, but the small proportion of Nutmeg set down, nor grated bread. For the Sauce, you pour upon it thickened melted Butter, beaten with a little Sack, or Orange-flower water, and Sugar; or compounded in what manner you please, as in other such like Puddings.

A good Quaking Bag-Pudding.

Set a quart of good morning Milk upon the fire, having seasoned it with Salt, and sliced or grated Nutmeg. When it beginneth to boil, take it from the fire, and put into it four penny Manchets of light French Bread sliced very thin. (If it were *Kingsland*-bread, which is firmer, it must be grated) and a lump of sweet-butter as big as a Wall-nut, and enough Sugar to season it; and cover the Pot-net with a plate to keep the heat in, that the bread may soak perfectly. Whiles this standeth thus, take ten yolks of new-laid eggs, with one white, and beat them very well with a Spoonful or two of Milk; and when the Milk is cooled enough, pour it (with the bread in it) into the bason, where the bearn

beaten eggs are, (which likewise should first be sweetned with Sugar to their proportion) and put about three spoonfulls of fine flower into the composition, and knead them well together. If you will you may put in a spoonful of Sack or Muscadine, and Ambered Sugar, working all well together; as also some lumps of Marrow or Suet shred very small: but it will be very good without either of these. Then put this mixture into a deep wooden dish (like a great Butter-box) which must first be on the inside a little greased with Butter, and a little Flower sprinkled thereon, to save the Pudding from sticking to the sides of the dish. Then put a linen cloth or Handkerchief over the mouth of the dish, and reverse the mouth downwards, so that you may tie the Napkin close with two knots by the corners cross, or with a strong thred, upon the bottom of the dish, then turned upwards; all which is, that the matter may not get out, and yet the boiling water get through the linen upon it on one side enough to bake the Pudding sufficiently. Put the wooden dish thus filled and tied up into a great Posnet or little kettle of boiling water. The faster it boils, the better it will be. The dish will turn and rowl up and down in the water, as it gallopeth in boiling. An hours boiling is sufficient. Then untie your linen, and take it off, and reverse the mouth of the dish downwards into the silver dish you will serve it up in: wherein is sufficient melted Butter thickened with beating, and sweetned to your taste with Sugar, to serve for Sauce. You may beat a little Sack or Muscadine, or Rose, or Orange-flower-water with the Sauce; a little of any of which may also go into the Composition of the Pudding. If you put in more Flower, or more then one white of egg to this proportion,

portion, it will bind the Pudding too close and stiff.

In plain Bag-puddings it makes them much more savoury, to put into them a little Penny-royal shred very small, as also other sweet herbs. You must put in so little, as not to taste strong of them, but only to quicken the other flat ingredients.

Another baked Pudding.

Take a pint and half of good sweet Cream, set it on the fire, and let it just boil up, take a penny Manchet, not too new, cut off the crust, and slice it very thin, put it into a clean earthen pan, and pour the Cream upon it, and cover it very close an hour or thereabouts, to steep the bread; when it is steeped enough, take four new-laid eggs, yolks and whites, beat them with a Spoonful of Rose-water, and two of Sack; grate into it half a Nutmeg, and put into it a quarter of a pound of good white Sugar finely beaten; stir all this together with the Cream and Bread; then shred very small half a pound of good Beef kidney-suet, and put this to the rest, and mingle them very well together with a slice or spoon; then size your dish, that you intend to bake it in, and rub the bottom of it with a little sweet Butter; then put your pudding into it, and take the Marrow of two good bones, and stick it in lumps here and there all over your Pudding; so put it into the oven three quarters of an hour; in which time it will be well baked. Strew on it some fine Sugar, and serve it.

To make Black Puddings.

Take a pottle of half-cut groats, pick them clean that

that there may be no husks nor foulness in them ; then put them into a Mortar, bruise them a little with a Pestle ; then have ready either milk or fresh meat-broth boiled up ; and the Oat-meal immediately put into it : It must be just so much as will cover it ; then cover the thing close that it is in, and let it steep twenty four hours : To this two quarts of Oat-meal, put a pint and half of Blood, season it well with Salt, and a little Pepper, and a little beaten Cloves and Mace, eight eggs, yolks and whites, five pound of Kidney Beef-suet shred, but not too small ; then put in of these herbs, Pennyroyal, Fennel, Leek-blades, Parsley, Sage, Strawberry-leaves and Violet-leaves, equal parts, in all to the quantity of a good handful ; let them be pick'd and wash'd very clean, and chopp'd very small, and mingled well with the former things : then fill your Puddings.

Make ready your guts in this manner. Cleanse them very well, when they are fresh taken out of the Hog ; and after they are well washed and scowred, lay them to soak in fair water three days and three nights, shifting the water twice every day ; and every time you shift the water, scour them first with water and salt. An hour and a quarter is enough to boil them.

To preserve Pippins in Jelly, either in quarters, or in slices.

Take good sound clear Pippins, pare, quarter, and core them ; then put them into a skillet of Conduit-water, such a proportion as you intend to make ; boil it very well ; then let the liquor run from the pulp through a sieve, without forcing, and let it stand till the next morning. Take Orange or

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Limon-peel, and boil in a skillet of water till they are tender ; then rowl them up in a linen-cloth to dry the water well out of them ; let them lie so all night. Then take of double refined , and finely beaten and searced Sugar, a pound to every pint of Pippin-liquor that ran through the sieve , and to every pound of Sugar, and pint of liquor, put ten ounces of Pippins in quarters or in slices , but cut them not too thin ; boil them a little while very fast in the Pippin-liquor, before you put in the Sugar, then strew in the Sugar all over them as it boileth, till it is all in, keeping it still fast boiling, until they look very clear ; by that you may know they are enough. While they boil , you must still be scumming them ; then put in your juyce of Limon to your last, and Amber, if you please, and after let it boil half a dozen walms, but no more. Then take it from the fire , and have ready some very thin Brown paper , and clap a single sheet close upon it, and if any scum remain, it will stick to the paper. Then put your quarters or slices into your Glasses, and strew upon them very small slices of Limon or Orange (which you please) which you had before boiled ; then fill up your Glasses with your jelly.

For making your Pippin-liquor , you may take about some forty Pippins to two quarts of water, or so much as to make your Pippin-liquor strong of the Pippins, and the juyce of about four Limons.

My Lady Diana Porters Scotch Collops.

○ Cut a leg or two of Mutton into thin slices, which beat very well : put them to fry over a very quick fire in a pan first glased over , with no more Butter melted in it, then just to besmear a little all the
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bottom of the Pan. Turn them in due time. There must never be but one row in the pan, not any slice lying upon another ; but every one immediate to the pan. When they are fried enough, lay them in a hot dish covered, over a Chafing-dish, and pour upon them the gravy that ran out of them into the Pan. Then lay another row of slices in the Pan to fry as before ; and when they are enough, put them into the dish to the other. When you have enough, by such repetitions, or by doing them in two or three pans, all at a time ; take a Porrenger full of gravy of Mutton, and put into it a piece of butter as much as a Walnut, and a quartered Onion if you will (or rub the dish afterwards with Garlick) and Pepper and Salt, and let this boil to be very hot ; then throw away the Onion, and pour this into the dish upon the slices, and let them stew a while together ; then squeeze an Orange upon it, and serve it up.

A Fricassee of Veal.

Cut a leg of Veal into thin slices, and beat them, or the like with Chicken, which must be flaid off their skin. Put about half a pint of water or flesh-broth to them in a frying-pan, and some Thyme, and Sweet-marjoram, and an Onion or two quartered, and boil them till they be tender, having seasoned them with Salt, and about twenty corns of whole white Pepper, and four or five Cloves. When they are enough, take half a pint of White-wine, four yolks of Eggs, a quarter of a pound of Butter (or more) a good spoonful of Thyme, Sweet-marjoram, and Parsley (more Parsley then of the others) all minced small ; a porrenger full of gravy. When all these are well incorporated together

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over the fire, and well beaten, pour it into the pan to the rest, and turn it continually up and down over the fire, till all be well incorporated. Then throw away the Onion, and first sprigs of Herbs, squeeze Orange to it, and so serve it up hot.

If instead of a *Fricassé* you will make *un estouffade de veau*, stew or boil simply your slices of Veal in White-wine and water, and with a good lump of Butter, seasoning it with Pepper, Salt, and Onions. When it is enough, put to it store of yolks of eggs beaten with Verjuice, or White-wine and Vinegar, and some Nutmeg (and Gravy if you will) and some herbs as in the *Fricassé*; and stir all very well over the fire till the sauce be well *lié* together.

A Tanfie.

Take three pints of Cream, fourteen new-laid eggs (seven whites put away) one pint of juyce of Spinage, six or seven spoonfulls of juyce of Tanfie, a Nutmeg (or two) sliced small, half a pound of Sugar, and a little Salt. Beat all these well together, then fry it in a pan with no more Butter than is necessary. When it is enough serve it up with juyce of Orange or slices of Limon upon it.

To Stew Oysters.

Take what quantity you will of the best Oysters to eat raw, open them, putting all their water with the fish into a basin; Take out the Oysters one by one (that you may have them washed clean in their own water) and lay them in the dish you intend to stew them in. Then let their water run upon them through a fine linen, that all their foulness may remain

main behind. Then put a good great lump of Butter to them, which may be (when melted) half as much as their ~~meat~~. Season them with Salt, Nutmeg, and a very few Cloves. Let this boil smartly, covered. When it is half boiled, put in some crusts of light French-bread, and boil on till it be enough, and then serve them up.

You may put in three or four grains of Amber-greece when you put in the Nutmeg, that in the boiling it may melt. You may also put in a little White-wine or Verjuice at the last, or some juyce of Orange.

To dress Lampreys.

At *Gloucester* they use Lampreys thus. Heat water in a pot or kettle with a narrow mouth, till it be near ready to boil; so that you may endure to dip your hand into it, but not to let it stay in. Put your Lampreys as they come out of the River, into this scalding water, and cover the pot, that little while they remain in, which must be but a moment, about an *Ave Maria* while. Then with a wooden ladle take them out, and lay them upon a Table, and hold their head in a Napkin (else it will slip away if held in the bare hand) and with the back of a knife scrape off the mud, which will have risen out all along the fish. A great deal and very thick will come off, and then the skin will look clean and shining and blue, which must never be flaid off. Then open their bellies all along, and with a pen-knife loosen the string which begins under the gall (having first cast away the gall and entrails) then pull it out, and in the pulling away it will stretch much in length; then pick out a black substance, that is all along under the string, cutting towards the back

as much as is needful for this end. Then rowl them up and down in a soft and dry Napkin, changing this as soon as it is wet for another, using so many Napkins as may make the fishes perfectly dry; for in that consisteth a chief part of their preparation. Then powder them well with Pepper and Salt, rubbing them in well, and lay them round in a pot or strong crust upon a good laire of Butter, and store of Onions every where about them, and chiefly a good company in the middle. Then put more Butter upon them, covering the pot with a fit cover, and so set them into a quick Oven, that is strongly heated; where they will require three or four hours (at least) baking. When they are taken out of the Oven, and begin to cool, pour store of melted Butter upon them, to fill up the pot at least three fingers breadth above the fish, and then let it cool and harden: And thus it will keep a year if need be, so the Butter be not opened, nor cracked, that the air get into the fish.

To eat them presently, they dress them thus: When they are prepared, as abovesaid, (ready for baking) boil them with store of Salt and gross Pepper, and many Onions, in no more water, then is necessary to cover them, as when you boile a Carp or Pike *ou Court beuillon*. In half or three quarters of an hour, they will be boiled tender. Then take them and drain them from the water, and serve them with thickened Butter, and some of the Onions minced into it, and a little Pepper, laying the fish upon some sippets of spongy bread, that may soak up the water, if any come from the fish, and pour Butter upon the fish; so serve it up hot.

*To dress Stock-fish, somewhat differing from
the way of Holland.*

Beat the fish very well with a large wooden Mallet, so as not to break it, but to loosen all the flakes within. It is the best way to have them beaten with hard heavy ropes. And though thus beaten, they will keep a long time, if you put them into Pease-straw, so thrust in as to keep them from all air, and that they touch not one another, but have straw enough between every fish. When you will make the best dish of them, take only the tails, and tie up half a dozen or eight of them with white thread. First, they must be laid to soak over night in cold water. About an hour and half, (or a little more) before they are to be eaten, put them to boil in a pot or pipkin, that you may cover with a cover of Tin or Latton so close, that no steam can get out; and lay a stone or other weight upon it, to keep the cover from being driven off by the steam of the water. Put in no more water than well to cover them. They must never boil strongly, but very leisurely and but simpringly. It will be near half an hour before the water begin to boil so: And from their beginning to do so, they must boil a good hour. You must never put in any new water, though hot, for that will make the fish hard. After the hour, take out the fishes, and untie them, and lay them loose in a colander with holes to drain out the water, and toss them in it up and down very well, as you use to do Butter and Pease; and that will loosen and break asunder all the flakes, which will make them the more susceptible of the Butter, when you stew them in it, and make it pierce the better into the flakes, and make them

tender. Then lay them by thin rows in the dish they are to be served up in, casting upon every row a little Salt, and some green Parsley minced very small. They who love young green Onions or fives, or other savory Herbs or Pepper, may use them also in the same manner, when they are in season. When all is in, fill up with sweet Butter well melted and thickened; and so let it stew there a while, to soak well into the fish; which will lie in fine loose tender flakes, well buttered and seasoned. You may eat it with Mustard besides.

Buttered Whittings with Eggs.

Boil Whittings as if you would eat them in the ordinary way with thick Butter-sauce. Pick them clean from skin and bones, and mingle them well with Butter, and break them very small, and season them pretty high with Salt. In the mean time butter some eggs in the best manner, and mingle them with the buttered Whittings, and mash them well together. The eggs must not be so many by a good deal as the fish. It is a most savory dish.

To dress Poor-John and Buckorn.

The way of dressing Poor-john, to make it very tender and good meat, is this. Put it into the kettle in cold water, and so hang it over the fire, and so let it soak and stew without boiling for three hours: but the water must be very hot. Then make it boil two or three walms. By this time it will be very tender and swelled up. Then take out the back-bone, and put it to fry with Onions. If you put it first into hot water (as Ling and such salt fish) or being boiled, if you let it cool, and heat it again, it will be tough and hard.

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Buckorn is to be watered a good hour before you put it to the fire. Then boil it till it be tender, which it will be quickly. Then butter it as you do Ling, and if you will, put eggs to it.

The way of Dressing Stock-fish in Holland:

First beat it exceeding well, a long time, but with moderate blows, that you do not break it in pieces, but that you shake and loosen all the inward Fibers. Then put it into water (which may be a little warmed) to soak, and infuse so during twelve or fourteen hours (or more, if it be not yet pierced into the heart by the water, and grown tender.) Then put it to boil very gently, (and with no more water then well to cover it, which you must supply with new hot water as it consumeth) for six or seven hours at least, that it may be very tender and loose and swelled up. Then press and drain out all the water from it; and heat it again in a dish, with store of melted Butter thickened; and if you like it, you may season it also with Pepper and Mustard. But it will be yet better, if after it is well and tender boiled in water, and that you have pressed all the water you can out of it, you boil it again an hour longer in Milk; out of which when you take it, to put it into the dish with Butter, you do not industriously press out all the Milk, as you did the water, but only drain it out gently, pressing it moderately. In the stewing it with butter, season it to your taste, with what you think fitting.

Another way to dress Stock-fish.

Beat it exceeding well with a large wooden Mallet,

let, till you may easily pluck it all in pieces, severing every flake from other, and every one of them in it so being loose, spongy, and limber, as the whole fish must be, and pliant like a Glove, which will be in less then an hour. Pull then the bones out, and throw them away, and pluck off the skin (as whole as you can; but it will have many breaches and holes in it, by the beating) then gather all the fish together, and lap it in the skin as well as you can, into a round lump, like a bag-pudding, and tie it about with cords or strings (like a little collar of Brawn, or souced fish) and so put it into lukewarm water (over night) to soak, covering the vessel close; but you need not keep it near any heat while it lieth soaking. Next morning take it out that water and vessel, and put it into another, with a moderate quantity of other water, to boil; which it must do very leasurely, and but simplingly. The main care must be, that the vessel it boileth in, be covered so exceeding close, that not the least breath of steam get out, else it will not be tender, but tough and hard. It will be boiled enough, and become very tender in about a good half hour. Then take it out, unty it, and throw away the skin, and lay the flaky fish in a Colander to drain away the water from it. You must presently throw a little Salt upon it, and all about in it, to season it. For then it will imbibe it into it self presently; whereas if you salt it not, till it grow cold in the air, it will not take it in. Mean while prepare your sauce of melted well thickened butter (which you may heighten with shredded Onions or Sives, or what well tasted herbs you please) and if you will, you may first strew upon the fish some very small shredded young Onions, or Sibbous, or Sives, or Parsley. Then upon that pour the melted butter to cover the
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the fish all over, and soak into it. Serve it in warm and covered.

To dress Parsnips.

Scrape well three or four good large roots, cleansing well their outside, and cutting off as much of the little end as is fibrous, and of the great end as is hard. Put them into a posnet or pot, with about a quart of Milk upon them, or as much as will cover them in boiling; which do moderately, till you find they are very tender. This may be in an hour and half, sooner or later, as the roots are of a good kind. Then take them out, and scrape all the outside into a pulp, like the pulp of roasted Apples, which put in a dish upon a Chafin-dish of Coals, with a little of the Milk you boiled them in, put to them; not so much as to drown them, but only to imbibe them: and then with stewing, the pulp will imbibe all that Milk. When you see it is drunk in, put to the pulp a little more of the same Milk, and stew that, till it be drunk in. Continue doing thus till it hath drunk in a good quantity of the Milk, and is well swelled with it, and will take in no more, which may be in a good half hour. Eat them so, without Sugar or Butter; for they will have a natural sweetness, that is beyond Sugar, and will be Unctuous, so as not to need Butter.

Parsnips (raw) cut into little pieces, is the best food for tame Rabets, and makes them sweet. As Rice (raw) is for tame Pigeons, and they like it best, varying it sometimes with right tares, and other seeds.

Cream with Rice.

A very good Cream to eat hot, is thus made. Into a quart of sweet Cream, put a spoonful of very fine powder of Rice; and boil them together sufficiently, adding Cinnamon, or Mace and Nutmeg to your liking. When it is boiled enough take it from the fire, and beat a couple of yolks of new-laid eggs, to colour it yellow. Sweeten it to your taste. Put bread to it, in its due time.

Gruel of Oat-meal and Rice.

Doctor Pridias ordered my Lord Cornwallis for his chief diet in his looseness, the following Gruel, which he found very tasteful.

Take about two parts of Oat-meal well beaten in a Mortar, and one part of Rice in subtile powder. Boil these well in water, as you make water-gruel, adding a good proportion of Cinnamon to boil also in due time, then strain it through a cloth, and sweeten it to your taste.

The yolk of an egg beaten with a little Sherry-sack, and put to it, is not bad in a looseness. At other times you may add Butter. It is very tasteful and nourishing.

*Sauce for a Carp or Pike.**To butter Pease.*

Take two or three Spoonfuls of the liquor the Carp was boiled in, and put it into a Pipkin: there must be no more then even to cover the bottom of the Pipkin. Make this boil by it self; as soon as it doth

doth so, put to this half a pound of sweet Butter, let it melt gently, or suddenly, it imports not, so as the liquor boiled, when you did put the Butter in; when the butter is melted, then take it from the fire, and holding the handle in your hand, shake it round a good while, and strongly, and it will come to be thick, that you may almost cut it with a knife. Then squeeze juyce of Limon into it, or of sharp Orange, or verjuice, or vinegar; and heat it again as much as you please upon the fire. It will ever after continue thick, and never again, upon any heating, grow oily, though it be cold and heated again twenty times. Butter done with fair water, as is said above, with the other liquor, will be thick in the same manner, (for the liquors make no difference in that.)

Put of this butter to boiled Pease in their dish, which cover with another; so shake them very strongly, and a good while together. This is by much the best way to butter Pease, and not to let the butter melt in the middle of them, and then stir them long with a spoon. This will grow oily (though it be good at the first doing) if you heat them again: The other, never; and therefore is the best way upon all occasions to make such thickened melted Butter. You may make Sauce for a Pike in the same manner you did for a Carp, putting Horse-radish to it if you please.

A Herring-Pye.

Put great store of sliced Onions, with Currans and Raisins of the Sun both above and under the Herrings, and store of Butter, and so bake them.

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A Syllabub:

Take a reasonable quantity (as about half a pottle full) of the Syrup, that hath served in the making of dried Plumbs; and into a large Syllabub-pot milk or squirt, or let fall from high a sufficient quantity of Milk or Cream. This Syrup is very quick of the fruit, and very weak of Sugar; and therefore makes the Syllabub exceeding well tasted. You may also use the Syrup used in the like manner in the drying of Cherries.

Butter and Oyl to fry Fish.

The best liquor to fry fish in, is to take Butter and Sallet Oyl, first well clarified together. This hath not the unsavory taste of Oyl alone, nor the blackness of Butter alone. It fritteth Fish crisp, yellow, and well tasted.

To prepare Shrimps for dressing.

When you will butter Shrimps, first wash them well in warm milk and water equally mingled together, and let them soak a little in it; then wash them again in fresh milk and water warmed, letting them also soak therein a while. Do this twice or thrice with fresh milk and water. This will take away all the rankness and sliminess of them. Then butter them, or prepare them for the table, as you think fit.

Tostes of Veal.

My Lady *Luffen* makes thus her plain tosts of kidney

ney of Veal ; cut the kidney with all the fat about it, and a good piece of the lean flesh besides. Hash all this as small as you can. Put to it a quarter of a pound of picked and washed Currans, and as much Sugar, one Nutmeg grated, four yolks and two whites of new-laid eggs raw ; work all these very well together, seasoning it with salt. Spread it thick upon slices of light white bread cut like toasts. Then fry them in butter, such quantity as may boil over the tops of the toasts.

To make Mustard.

The best way of making Mustard is this : Take of the best Mustard-seed (which is black) for example a quart. Dry it gently in an Oven, and beat it to subtile powder, and searfe it. Then mingle well strong Wine-vinegar with it, so much that it be pretty liquid, for it will dry with keeping. Put to this a little Pepper beaten small (white is the best) at discretion, as about a good pugil, and put a good Spoonful of Sugar to it (which is not to make it taste sweet, but rather quick, and to help the fermentation) lay a good Onion in the bottom, quartered if you will, and a race of Ginger scraped and bruised ; and stir it often with a Horseradish root cleansed, which let always lie in the pot, till it have lost its vertue, then take a new one. This will keep long, and grow better for a while. It is not good till after a month, that it have fermented a while.

Some think it will be the quicker, if the seed be ground with fair water, instead of Vinegar, putting store of Onions in it.

My Lady Halmeth makes her quick fine Mustard thus : Choose true Mustard-seed ; dry it in an
Oven

Oven after the bread is out. Beat and searfe it to a most subtille powder. Mingle Sherry-sack with it (stirring it a long time very well, so much as to have it of a fit consistence for Mustard. Then put a good quantity of fine Sugar to it, as five or six spoonfuls, or more, to a pint of Mustard. Stir and incorporate all well together. This will keep good a long time. Some do like to put to it a little (but a little) of very sharp Wine-vinegar.

To make a white-pot.

Boil three pints of sweet Cream, with a very little Salt and some sliced Nutmeg. As soon as it begins to boil, take it from the fire. In the mean time beat the yolks of twelve or fifteen new-laid eggs very well with some Rose or Orange-flower water, and sweeten the Cream to your taste with Sugar. Then beat three or four spoonfuls of Cream with them, and quickly as many more; so proceeding till you have incorporated all the Cream and all the Eggs. Then pour the Eggs and Cream into a deep dish laid over with sippets of fine light bread, which will rise up to the top for the most part. When it is cooled and thickened enough to bear Raisins of the Sun, strew all over the top with them (well washed.) Then press a little way into it with great lumps of raw Marrow. Two bones will suffice. Cover your dish with another, and set it upon a great pot of boiling water, with a good space between the water and the dish, that there be room for the hot steam to rise and strike upon the dish. Keep good fire always under your pot. In less then an hour (usually) it is baked enough. You will perceive that, if the Marrow look brown, and be enough baked. If it should
con-

continue longer on the heat, it would melt. You may bake it in an oven if you will; but it is hard to regulate it so, that it be not too much or too little: whereas the boiling water is certain. You may strew Ambred Sugar upon it, either before you set it to bake, or after it is done.

For Roasting of Meat.

To roast fine meat, (as Partridge, Pheasant, Chicken, Pigeon) that it be full of juyce; baste it as soon as it is through hot, and time to baste, with Butter. When it is very moist all over, sprinkle flower upon it every where, that by turning about the fire, it may become a thin crust. Then baste it no more till the latter end. This crust will keep in all the juyce. A little before you take it up, baste it again with Butter, and this will melt away all the crust. Then give it three or four turns of the spit, that it may make the outside yellow and crisp.

You may also baste such meat with yolks of new-laid eggs, beaten into a thin Oyl. But with this you continue basting all the while the meat roseth.

To stew a Rump of Beef.

Take a Rump of Beef, break all the bones; season it with Pepper and Salt to your liking: Take three or four Nutmegs, and a quantity of Mace, beat them grossly: Then take a bunch of very good sweet herbs, and one good Onion cut in quarters, or Garlick, as you like it. Put in half a pint of White-wine Vinegar, and one pint of good Claret, one handful of Sugar, and a piece or two of Beef-suet or Butter: shred some Cabbage under and over, and scrape in a pound of good old Cheese.

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Pue

Put all these into an earthen pot, and let it stand in an oven with brown bread four or five hours; but let the pot be covered close with paste.

Another.

Take a fat Rump of young Beef, as it comes from the Butcher, and take out all the bones, excepting the tip of it towards the tail that is all fat, which you cannot take out, without spoiling or defacing or breaking it. But take out all the thick bones towards the Chine, and the thick Sinews, that are on the outer sides of the flesh; (which will never become tender with boiling) so that you have nothing but the pure flesh and fat, without any bony or tough substance. Then beat well the lean part with a wooden rowling-pin, and when you have beaten well one side, turn the other. Then rub it well with Pepper grossly beaten, and salt; just as you would do, to season a Venison Pastey, making the seasoning higher or gentler according to your taste. Then lay it in a fit vessel, with a flat bottom (pipkin or kettle as you have conveniency) that will but just contain it, but so that it may lie at ease. Or you may tie it up in a loose thin linen cloth, or boulder, as they do Capons *à la mode*, or Brawn, or the like. Then put water upon it, but just to cover it, and boil it close covered a matter of two hours pretty smartly, so that it be well half boiled. Then take it out of that, and put it into another fit vessel, or the same cleansed, and put upon it about two quarts of good strong deep well boiled Claret-wine, and a good bundle of sweet herbs, (Penny-royal, Sweet-marjoram, Winter-savory, Limon, Thyme, &c.) and a good large Onion peeled, and stuck as close with Cloves, as you can stick it, if you like

like the taste of Onions. They must be the strong biting Onions that are round and red: a little Nutmeg, and some Mace. Put to the wine about a pint of the liquor that you have already boiled the Beef in; and if you would have it strong of the seasoning of Pepper and Salt; take the bottom of this liquor. Thus let it boil very gently, simpringly, or rather stew with Charcoal over a little furnace, or a fit Chafin-dish, a matter of three hours, close covered. If the liquor waste too much, you may recrust it with what you have kept of that, which your Beef was boiled in. When it is near time to take it up, stew some Oysters in their own liquor (to which you may add at the latter end, some of the winey liquor, that the Beef is now stewing in, or some of the first Beef-broth, or use some good pickled Oysters) and at the same time make some thin tostes of *Kings* Manchet, which toste very leisurely, or rather dry them thoroughly, and very hard and crisp, but not burned, by lying long before the fire. And if you have fresh Champignons, dress a good dish full of them, to be ready at the same time, when all the rest is ready; if not, use pickled ones, without further dressing. When you find your Beef is as tender as can be, and will scarcely hold together, to be taken up together, and that all the other things are ready, lay the tosts in the dish, where the Beef is to lie; pour some of the liquor upon it. Then lay the Beef upon the tosts, throw away the bundle of herbs and onions, and pour the rest of the liquor upon the Beef, as also the Oysters and the Mushrooms, to which add a pretty deal, about half a pint of Broom-buds: and so let it stand a while well covered over coals to mitter; and to have all the several Substances communicate their

castes to one another, and to have the rostes swell up like a gelly. Then serve it up. If you want liquor; you may still recruit your self out of the first Beef-broth, which you keep all to supply any want afterwards. Have a care whilst it is stewing, in the winy liquor, to lift the flesh sometimes up from the bottom of the vessel, lest if it should lie always still, it may stick to the bottom, and burn; but you cannot take it out, for it would fall in pieces. It will be yet better meat, if you add to it, at the last (when you add all the other heightnings) some Marrow, and some Chestnuts; and some Pistachios, if you will. Put to your Broom-buds (before you put them in to the rest) some Elder-vinegar, enough to soak them, and even to cover them. If you find this make your composition of the whole too sharp, you may next time take less. When you put the beef to stew with the Wine (or a while after) you may put to it a pretty quantity (as much as you can take in both hands at once) of shredded Cabbage; if it be the season; or of Turnips, if you like either of these. Carrots make it somewhat flat. If the Wine be not quick enough, you may put a little Elder-vinegar to it. If you like Garlic, you may put in a little, or rub the dish with it.

Pickled Champignons.

Champignons are best, that grow upon gravelly dry rising grounds. Gather them of the last nights growth; and to preserve them white, it is well to put them into a pitcher of fair water, as you gather them. But that is not absolutely necessary, if you will go about dressing them as soon as you come home. Cut the great ones into halves or quarters,
see

seeing carefully there be no worms in them; and peel off their upper skin on the tops: the little ones peel whole. As you peel them throw them into a basin of fair-water, which preserves them white. Then put them into a pipkin or posnet of Copper (no Iron) and put a very little water to them, and a large proportion of Salt. If you have a pottle of Mushrooms, you may put to them ten or twelve spoonfuls of water, and two or three of Salt. Boil them with pretty quick fire, and scum them well all the while, taking away a great deal of foulness that will rise. They will shrink into a very little room. When they are sufficiently parboiled to be tender, and well cleansed of their scum, (which will be in about a quarter of an hour) take them out, and put them into a Colander, that all the moisture may drain from them. In the mean time make your pickle thus: Take a quart of pure sharp white-wine-vinegar (elder-vinegar is best) put two or three spoonfuls of whole Pepper to it, twenty or thirty Cloves, one Nutmeg quartered, two or three flakes of Mace, three Bay-leaves; (some like Limon, Thyme and Rosemary; but then it must be a very little of each) boil all these together till the Vinegar be well impregnated with the ingredients, which will be in about half an hour. Then take it from the fire, and let it cool. When the pickle is quite cold, and the Mushrooms also quite cold, and drained from all moisture: put them into the liquor (with all the ingredients in it) which you must be sure, be enough to cover them. In ten or twelve days, they will have taken into them the full taste of the pickle, and will keep very good half a year. If you have much supernatant liquor, you may parboil more Mushrooms next day, and put them to the first. If you have not gathered at once

enough for a dressing, you may keep them all night in water to preserve them white, and gather more the next day, to joyn to them.

To stew Wardens or Pears.

Pare them, put them into a pipkin, with so much Red or Claret wine and water, ~~as~~, as will near reach to the top of the pears. Stew or boil gently, till they grow tender, which may be in two hours. After a while, put in some sticks of Cinnamon bruised and a few Cloves. When they are almost done, put in Sugar enough to season them well and their Syrup, which you pour out upon them in a deep plate.

To stew Apples.

Pare them and cut them into slices. Stew them with wine and water as the pears, and season them in like manner with Spice. Towards the end sweeten them with Sugar, breaking the Apples into pap by stirring them. When you are ready to take them off, put in good store of fresh butter, and incorporate it well with them, by stirring them together. You stew these between two dishes. The quickest Apples are the best.

Portuguez Eggs.

The way that the Countess de Penalva makes the Portuguez eggs for the Queen, is this. Take the yolks (clean picked from the whites and germ) of twelve new-laid eggs. Beat them exceedingly with a little (scarce a spoonful) of Orange-flower water. When they are exceeding liquid, clear, and un-

uniformly a thin liquor, put to them one pound of pure double refined Sugar (if it be not so pure, it must be clarified before) and stew them in your dish or basin over a very gentle fire, stirring them continually, whiles they are over it, so that the whole may become one uniform substance, of the consistence of an Electuary (beware they grow not too hard; for without much caution and attention, that will happen on a sudden) which then you may eat presently, or put into pots to keep. You may dissolve Ambergreece (if you will; ground first very much with Sugar) in Orange-flower or Rose-water, before-hand, and put it (warm and dissolved) to the eggs, when you set them to stew. If you clarify your Sugar, do it with one of these waters, and whites of eggs. The flavor of these sweet waters goeth almost all away with boiling. Therefore half a spoonful put into the composition, when you take it from the fire, seasoneth it more then ten times as much, put in at the first.

To boil Eggs.

A certain and infallible method to boll new-laid eggs to sup up, and yet that they have the white turned to milk, is thus: Break a very little hole, at the bigger end of the shell, and put it into the water, whiles it boileth. Let it remain boiling, whilgs your pulle beaterh two hundred strokes. Then take it out immediately, and you will find it of an exact temper: others put eggs into boiling water just as you take it from the fire, and let them remain there, till the water be so cooled, that you may just put in your hand, and take out the eggs.

Others put the eggs into cold water, which they set upon the fire, and as soon as the water begins to boil, the eggs are enough.

To make clear Gelly of Bran.

Take two pound. of the broadest open Bran of the best Wheat, and put it to infuse in a gallon of water, during two or three days, that the water may soak into the pure flower, that sticks to the bran. Then boil it three or four walms, and presently take it from the fire, and strain it through some fine strainer. A milky substance will come out, which let stand to settle about half a day. Pour off the clear water that swimmeth over the starch or stomery, that is in the bottom (which is very good for Pap, &c.) and boil it up to a gelly, as you do Harts-horn gelly or the like, and season it to your taste.

To bake Venison;

Boil the bones (well broken) and remaining flesh of the Venison, from whence the meat of the Pasty is cut, in the liquor, wherein Capons and Veal, or Mutton have been boiled, so to make very strong broth of them. The bones must be broken, that you may have the Marrow of them in the liquor; and they must stew a long time (covering the pot close :) that you may make the broth as strong as you can; and if you put some gravy of Mutton or Veal to it, it will be the better. When the Pasty is half baked, pour some of this broth into it, by the hole at the top; and the rest of it, when it is quite baked, and wanteth but standing in the oven to soak. Or put it all in at once, when the Pasty is sufficiently baked, and afterwards let it remain in the Oven a good while soaking.

You may bake the bones (broken) with the
broth

broth and gravy, or for want thereof, with only water in an earthen pot close stopped, till you have all the substance in the liquor; which you may pour into the Pasty an hour before it is baked enough.

If you are in a Park, you may soak the Venison a night in the blood of the Deer; and cover the flesh with it, clotted together when you put it in paste. Mutton blood also upon Venison is very good. You may season your blood a little with Pepper and Salt.

To bake Venison to keep.

After you have boned it, and cut away all the sinews, then season it with Pepper, and Salt, pretty high, and divide a Stag into four pots; then put about a pound of Butter upon the top of each pot, and cover it with Rye-paste pretty thick. Your Oven must be so hot, that after a whole night it may be baked very tender, which is a great help to the keeping of it. And when you draw it, drain all the liquor from it, and turn your pot upon a pie-plate, with the bottom upwards, and so let it stand until it is cold: Then wipe your pot, that no gravy remain therein, and then put your Venison into the same pot again; then have your Butter very well clarified, that there be no dross remaining: Then fill up your pot about two inches above the meat with Butter, or else it will mould. And so the next day bind it up very close, with a piece of sheeps Leather, so that no air can get in. After which you may keep it as long as you please.

Mr. *Adrian May* puts up his Venison in pots, to keep long thus: Immediately as soon as he hath killed it, he seasoneth and baketh it as soon as he can,

can, so that the flesh may never be cold. And this maketh that the fat runneth in among the lean, and is like calvered Salmon, and eats much more mellow and tender. But before the Deer be killed, he ought to be hunted and chased as much as may be. Then seasoned and put in the Oven before it be cold. Be sure to pour out all the gravy, that setleth to the bottom, under the flesh after the baking, before you put the Butter to it, that is to lie very thick upon the meat, to keep it all the year.

About making of Brawn.

It must be a very large Oven, that so it may contract the stronger heat, and keep it the longer. It must be at least eight hours heating with wood, that it be as hot as is possible. If the Brawn be young, it will suffice eight hours or a little more in the Oven. But if old, it must be ten or eleven. Put but two Collars into each pot, for bigger are unwieldy. Into every pot, put twelve corns of whole Pepper, four Cloves, a great Onion peeled and quartered, and two Bay-leaves, before you put them into the Oven. Before they are set in, you do not fill them with water to the top, lest any should spill in sliding them in; but fill them up by a bowl fastned to a long pole. No water must be put in after the Oven is closed (nor the Oven ever be opened, till after all is thoroughly baked) and therefore you must put in enough at first to serve to the last; you must rowl your Collars as close as may be, that no air may be left in the folds of them; and sew them up in exceeding strong cloth, which a strong man must pull as hard as he can in the sewing. Their cloths must not be pulled off till the Collars have been three or four days out of the Oven, lest you pull

pull off part of the Brawn with them. You may put the same proportion of Pepper, Cloves, &c. into the Souce-drink, as you did in the baking them; which at either time (especially at first) give them a fine taste. The Souce-drink is made of six shillings-Beer, and Thames, or River-water, of each an equal quantity, well boiled with Salt. When boiled and cold, put into it two or three quarts of skimmed milk, only to colour it; and so change it once in three weeks. Tender Brawn sliced thin, and laid Sallet-wise in a dish as the sliced Capon, and seasoned with Pepper, Salt, Vinegar, and Oyl, with a little Limon, is a very good Sallet.

Sallet of cold Capon Roasted.

It is a good Sallet, to slice a cold Capon thin; mingle with it some Sibbolds, Lettuce, Rocket, and Tarragon sliced small. Season all with Pepper, Salt, Vinegar, and Oyl, and sliced Limon: a little Origanum doth well with it.

*Mutton baked like Venison, soaking
either in their blood.*

Take a large fat loin of Mutton (or two) boned after the manner of Venison. Season it well to your taste with Pepper and Salt. Then lay it to steep all night in enough of the sheeps blood, to cover it over, and soak well into it. Then lay it into the paste, with all the clotted thick blood, under it, upon it, and hanging about it. You may season the blood with Pepper and Salt, before you lay the meat in it. But though you do not, it will not be amiss, so as the meat be seasoned high enough. Then bake it as you do an ordinary Pasty, and

and you may put gravy of Mutton or strong broth into it. You may do it in a dish with paste; as my Lady of Newports doth her Venison. This way of sleeping in blood before you bake it, is very good also for Venison.

To make an excellent Hare-Pye.

Hash the flesh of as many Hares, as you please, very small. Then beat them strongly in a Mortar into a Paste, which season duly with Pepper, and Salt. Lard it thoroughly all over with great lardons of Lard well rowled in Pepper and Salt. Put this into a straight earthen pot, to lie close in it. If you like Onions, you may put one or two quartered into the bottom of the Pot. Put store of sweet butter upon the meat, and upon that some strong red Claret-wine. Cover the pot with a double strong brown paper, tied close about the mouth of it. Set it to bake with household-bread, (or in an Oven, as a Venison-pasty) for eight or ten hours. Then take out the pot, and thence the meat, and pour away all the liquor, which let settle. Then take all the congealed Butter, and clarify it well. Put your meat again into the pot, and put upon it your clarified Butter, and as much more as is necessary. And I believe the putting of Claret-wine to it now is better, and to omit it before. Bake it again, but a less while. Pour out all the liquor, when it is baked, and clarify the Butter again, and pour it upon the meat, and so let it cool. The Butter must be at least two or three fingers breadth over the meat.

To bake Beef.

Bone it, and beat it exceeding well on all sides,
with

with a rowling-pin upon a Table. Then season it with Pepper and Salt, (rubbing them in very well) and some Parsley, and a few Sweet-herbs (Penny-royal, Winter-savory, Sweet-marjoram, Limon-Thyme, Red-sage, which yet to some seems to have a Physicall taste) an Onion if you will. Squeeze it into the pot as close as you can. Put butter upon it, and Claret-wine, and covered all as above. Bake it in a strong Oven eight or ten hours. Take it out of the Oven, and the meat out of the pot, which make clean from all scummings: and squeeze all the juyce from it (even by a gentle press.) Then put it in again hard pressed into the pot. Clarifie the Butter, that you poured with the liquor from the meat out of the pot; and pour it in again with more fressh, to have enough to cover it two or three fingers thick.

To bake Pigeons (which are thus excellent, and will keep a quarter of a year) or Teals, or Wild-ducks.

Season them duly with Pepper and Salt, then lay them in the pot, and put store of Butter, and some Claret-wine to them. Cover and bake as above; but a less while according to the tenderness of the meat. In due time take out your pot, and your birds out of it, which press not, but only wipe off the liquor. Pour it out all. Clarifie the Butter; put in the birds again, and the clarified Butter, and as much more as needs (all melted) upon them, and let it cool. You may put a few Bay-leaves upon any of these baked meats, between the meat and the Butter.

Green-Geese Pye.

An excellent cold Pye is thus made. Take two fat Green-geese ; bone them, and lay them in paste one upon the other, seasoning them well with Pepper and Salt, and some little Nutmeg, both above and below, and between the two Geese. When it is well baked and out of the Oven, pour in melted Butter at a hole made in the top. The crust is much better than of a stubble-goose.

To boil Beef or Venison tender and savoury.

The way to have Beef tenderest, short, and best boiled, as my Lord of Saint Albans useth it, is thus. Take a Rump or brisket of Beef ; keep it without Salt as long as you may, without danger to have it smell ill. For so it groweth mellow and tender, which it would not do, if it were presently salted. When it is sufficiently mortified, rub it well with Salt ; let it lie so but a day and a night, or at most two nights and a day. Then boil it in no more water then is necessary. Boil it pretty smartly at first, but afterwards but a simpring or stewing boiling, which must continue seven or eight hours. Sometimes he boileth it half over night, and the rest next morning. If you should not have time to salt it, you may supply that want thus : When the Beef is through boiled, you may put so much Salt into the pot as to make the broth like brine, and then boil it gently an hour longer ; or take out the Beef, and put it into a deep dish, and put to it some of his broth made brine, and cover it with another dish, and stew it so an hour. A hanch of Venison may be done the same way.

To bake Wild-Ducks or Teals.

Season your Duck and Teal with Pepper and Salt, both within and without, so much as you think may season them; then crack their bones with a rouling pin; then put them into an earthen pot close, and cover them with Butter, and bake them in an oven as hot as for bread, and let them stand three or four hours; when you take them out of the oven, pour out all the liquor from them, then melt so much Butter as will cover them; when you have melted your Butter, let it stand a while, until all the dross be settled to the bottom, and put in the clear Butter, which must cover the Fowl.

To season Humble-Pyes, and to roast Wild-Ducks.

Bake Humble-Pyes without chopping them small in a Pye, seasoned with Pepper and Salt, adding a pretty deal of Parsley, a little Sweet-marjoram and Savory, and a very little Thyme.

Roast Wild-Ducks, putting into their Bellies some Sage and a little Onion (both well shreded) wrought into a lump with Butter, adding a little Pepper and Salt. And let their Sauce be a little gravy of Mutton, to enlarge the seasoned Gravy, that comes from the Ducks when they are cut up.

To sauce Turkeys.

Take a good fat Turkey or two, dress them clean, and bone them; then tie them up in the manner of Surgeon with something clean washed. Take your kettle, and put into it a pottle of good White-wine, a quart of water, and a quart of vinegar: make it
boil,

boil, and season it with Salt pretty well. Then put in your Turkeys, and let them boil till they be very tender. When they are enough boiled, take them out, and taste the liquor; if it be not sharp enough put more Vinegar, and let it boil a little; then put it into an earthen pot, that will hold both Turkeys. When it is cold enough, and the Turkeys through cold, put them into the liquor in the pot, and be sure they be quite covered with the liquor. Let them lie in it three weeks or a month, then serve it to the table, with Fennel on it, and eat it with Elder-Vinegar.

You may do a Capon or two put together in the same manner; but first larding it with great lardons rowled in Pepper and Salt. A shorter time lying in the pickle will serve.

An excellent meat of Goose or Turkey.

Take a fat Goose, and powder it with Salt eight or ten days; then boil it tender, and put it into pickle, like Sturgeon-pickle. You may do the like with a very fat Turkey; but the best pickle of that is; the Italian marinating, boiling Mace, Nutmeg, &c. in it. You may boil Garlick in the belly of the Fowls, if you like it, or in the pickle.

To pickle an old fat Goose.

Cut it down the back; and take out all the bones; lard it very well with green Bacon, and season it well with three quarters of an ounce of Pepper, half an ounce of Ginger, a quarter of an ounce of Cloves, and Salt, as you judge proportionable; a pint of White-wine and some Butter. Put three or four Bay-leaves under the meat,
and

and bake it with brown bread, in an earthen pot close covered, and the edges of the cover closed with Paste. Let it stand three or four days in the pickle; then eat it cold with vinegar.

About ordering Bacon for Gambons, and to keep.

At Frankfort they use the following cautions about the Bacon, they salt for Gambons or sides to keep. The best is of male Hogs of two years old, that have been gelt, when they were young. They kill them in the wane of the Moon, from a day or two after the full, till the last quarter. They fetch off their hair with warm water, not by burning (which melteth the fat, and maketh it apt to grow resty) and after it hath lain in the open air a full day, they salt it with dry Salt, rubbing it in well: Then lay what quantity you will in a tub for seven or eight days (in which time the Salt dissolveth to water) then take it out, and wipe it dry, and hang it in a room where they keep fire, either on a hearth, or that smoak cometh out of a stove into the rooish (as most of those rooms do smoak) but hang them not in the Chimney, that the hot smoak striketh upon them; but if you have a very large Chimney, hang them pretty high and aside, that the smoak may not come full upon them. After a while (when they are dry) take them thence, and hang them from the smoak in a dry warm room. When the weather groweth warm, as in May, there will drop from them a kind of melted oyle grease, and they will heat, and grow resty, if not remedied. Take them down then, and lay them in a cold dry place, with hay all about them, that one may not touch another. Change the Hay every thirty, or twenty, or fifteen days, till September; that the
 O weather

weather groweth cool ; then hang them up again in the free air , in a dry Chamber. If you make the shoulders into Gambons , you must have a care to cut away a little piece of flesh within , called in Dutch the *Masse* ; for if that remain in it , the Bacon will grow resty.

To make a Tansie.

Take Spinage, Sorrel, Tansie, Wheat, a quart of Cream, bread (the quantity of a two penny loaf) twenty eggs, and half the whites, one Nutmeg, half a pound of Sugar, and the juyce of a couple of Limons. Spinage is the chief herb to have the juyce : wheat also is very good , when it is young and tender. You must not take much Sorrel, for fear of turning the Cream ; but less Tansie, so little that it may not taste distinctly in the composition. The juyce of Limons is put in at the end of all. You may lay thin slices of Limon upon the Tansie made, and Sugar upon them.

(Another way.)

Beat twelve eggs (six whites put away) by themselves exceeding well (two or three hours) sometimes putting in a spoonful of Cream to keep them from oyling : Then mingle them well with a quart of Cream, to which put about half a pint of juyce of Spinage (as much as will make the Cream green) or of green wheat, and four spoonfuls of juyce of Tansie, one Nutmeg scraped into thin slices, and half a pound of Sugar : All things exceeding well incorporated together : Fry this with fresh butter, no more than to glaze the pan over, and keep the Tansie from sticking to the pan.

To make Cheese-Cakes.

Take twelve quarts of Milk warm from the Cow, turn it with a good spoonful of Runnet, break it well, and put it into a large strainer, in which rowl it up and down, that all the whey may run out into a little tub; when all that will is run out, wring out more. Then break the curds well, then wring it again, and more whey will come. Thus break and wring till no more come. Then work the curds exceedingly with your hand in a tray, till they become a short uniform paste. Then put to it the yolks of eight new-laid eggs, and two whites, and a pound of butter. Work all this long together. In the long working (at the several times) consisteth the making them good. Then season them to your taste with Sugar finely beaten, and put in some Cloves and Mace in subtile powder. Then lay them thick in coffins of fine paste, and bake them.

Short and crisp Crust for Tarts and Pyes.

To half a peck of fine flower take a pound and half of Butter, in this manner. Put your butter with at least three quarts of cold water (it imports not how much or how little the water is) into a little kettle to melt, and boll gently: as soon as it is melted, scum off the butter with a ladle, pouring it by ladlesfuls (one a little after another, as you knead it with the flower) to some of the flower which you take not all at once, that you may the better discern how much liquor is needful) and work it very well into paste. When all your Butter is kneaded, with as much of the flower, as serves to make paste of a fitting consistence, take of

the water that the Butter was melted in, so much as to make the rest of the flower into paste of due consistence; then joyn it to the paste made with Butter, and work them both very well together; of this make your covers and coffins thin. If you are to make more paste for more Tarts or Pyes, the water that hath already served, will serve again better then fresh.

To make Goose-pyes, and such of thick crust, you must put at least two pound of Butter to half a peck of flower. Put no more Salt to your paste then what is in the butter, which must be the best new Butter that is sold in the Market.

To make a Cake.

Take eight Wine-quarts of flower, one pound of loaf Sugar beaten and searsed; one ounce of Mace, beat it very fine: then take thirty eggs, fifteen whites, beat them well; then put to them a quart of new Ale-yeast; beat them very well together, and strain them into your flower: then take a pint of Rose-water, wherein six grains of Ambergrece and Musk have been over night. Then take a pint and half of Cream or something more, and set it on the fire, and put into it four pounds and three quarters of Butter; and when it is all melted, take it off the fire, and stir it about, until it be pretty cool; and pour all into your flower, and stir it up quick with your hands, like a lith pudding: Then dust a little flour over it, and let it stand covered with a Flannel, or other woollen cloth, a quarter of an hour before the fire, that it may rise. Then have ready twelve pounds of currans very well washed and pick't, that there may be neither stalks nor broken currans in them. Then let

let your currans be very well dried before the fire, and put warm into your Cake, then mingle them well together with your hands; then get a tin hoop that will contain that quantity, and butter it well, and put it upon two sheets of paper well buttered; so pour in your Cake, and so set it into the Oven, being quick that it may be well soaked, but not to burn. It must bake above an hour and a quarter; near an hour and a half. Take then a pound and half of double refined Sugar purely beaten and searsed; put into it the whites of five eggs, two or three spoonfuls of Rose-water; keep it a beating all the time that the Cake is a baking, which will be two hours: Then draw your Cake out of the Oven, and pick the dry currans from the top of it, and so spread all that you have beaten over it very smooth, and set it a little into the Oven, that it may dry.

Another Cake.

Take three pounds and an half of flower; one penny-worth of Cloves and Mace, and a quarter of a pound of Sugar and Salt, and strew it on the flour. Then take the yolks of eight eggs well beaten, with a spoonful and half of Rose-water: Then take a pint of thick Cream, and a pound of Butter: melt them together, and when it is so, take three quarters of a pint of Ale-yeast, and mingle the yeast and eggs together. Then take the warm liquor, and mingle all together; when you have done, take all and pour it in the boud, and so cover the flour over the liquor; then cover the pan with a napkin, and when it is risen, take four pounds of currans, well washed and dried, and half a pound of Raisins of the Sun sliced, and let them be well

dried and hot, and so stir them in. When it is risen, have your Oven hot against the Cake is made; let it stand three quarters of an hour. When it is half baked, ice it over with fine Sugar and Rose-water, and the whites of Eggs, and Musk and Amber-greece.

When you mingle your yeast and eggs together for the Cake, put Musk and Amber to that.

To make a Plum-Cake.

Take a peck of flour, and part it in half. Then take two quarts of good Ale-yeast, and strain it into half the flour, and some new milk boiled, and almost cold again; make it into a very light paste, and set it before the fire to rise: Then take five pound of Butter, and melt it in a skillet, with a quarter of a pint of Rose-water; when your paste is risen, and your Oven almost hot, which will be by this time, take your paste from the fire, and break it into small pieces, and take your other part of flour, and strew it round your paste. Then take the melted Butter, and put it to the paste, and by degrees work the paste and flour together, till you have mingled all very well. Take six Nutmegs, some Cinnamon and Mace well beaten, and two pound of Sugar, and strew it into the paste, as they are a working it. Take three pounds of Raisins stoned, and twelve pounds of Currans very well washed and dried again; one pound of Dates sliced; half a pound of green Citron dried and sliced very thin: strew all these into the paste, till it have received them all: Then let your Oven be ready, and make up your Cake, and set it into the Oven; but you must have a great care it doth not take cold. Then to ice it, take a pound and half of
double

double refined Sugar beaten and searfed ; the whites of three eggs new-laid, and a little Orange-flower-water, with a little Musk and Ambergreece beaten and searfed , and put to your Sugar : Then strew your Sugar into the eggs, and beat it in a stone Mortar with a wooden pestle, till it be as white as snow, which will be by that time the Cake is baked : then draw it to the Ovens mouth , and drop it on, in what form you will ; let it stand a little again in the Oven to harden.

To make an excellent Cake.

To a peck of fine flour, take six pounds of fresh butter, which must be tenderly melted, ten pounds of Currans, of Cloves and Mace, half an ounce of each, an ounce of Cinnamon, half an ounce of Nutmegs, four ounces of Sugar, one pint of Sack mixed with a quart at least of thick barm of Ale (as soon as it is settled, to have the thick fall to the bottom, which will be, when it is about two days old) half a pint of Rose-water, half a quarter of an ounce of Saffron. Then make your paste, strewing the Spices finely beaten, upon the flower : Then put the melted butter (but even just melted) to it ; then the barm and other liquors ; and put it into the Oven well heated presently. For the better baking of it, put it in a hoop, and let it stand in the Oven one hour and half. You ice the Cake with the whites of two eggs, a small quantity of Rose-water, and some Sugar.

To make Bisket.

To half a peck of flower, take three spoonfuls of barm, two ounces of seeds ; Anniseeds or Fennel-seeds.

seeds. Make the paste very stiff, with nothing but water, and dry it (they must not have so much heat, as to make them rise, but only dry by degrees, as in an oven after Manchet is taken out, or a gentle stove) in flat Cakes very well in an oven or stove.

To make a Caraway-Cake.

Take three pound and a half of the finest flour, and dry it in an Oven; one pound and a half of sweet butter, and mix it with the flour, until it be crumbled very small, that none of it be seen: then rake three quarters of a pint of new Ale-yeast, and half a pint of Sack, and half a pint of new milk; six spoonfulls of Rose-water, four yolks and two whites of eggs: Then let it lie before the fire half an hour or more. And when you go to make it up, put in three quarters of a pound of Caraway-seeds, and a pound and half of Biskets. Put it into the Oven, and let it stand an hour and half.

Another very good Cake.

Take four quarts of fine flour, two pound and half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten, half a pint of Sack, a pint of good Ale yeast, a pint of boiled Cream, twelve yolks, and four whites of eggs; four pound of Currans. When you have wrought all these into a very fine paste, let it be kept warm before the fire half an hour, before you set it into the Oven. If you please, you may put into it two pound of Raisins of the Sun stoned and quartered. Let your Oven be of a temperate heat, and let your Cake stand therein two hours and a half, before you ice it;

and

and afterwards only to harden the ice. The ice for this Cake is made thus. Take the whites of three new-laid eggs, and three quarters of a pound of fine Sugar finely beaten; beat it well together with the whites of the eggs, and ice the Cake. If you please you may add a little Musk or Ambergreece.

Excellent small Cakes.

Take three pound of very fine flour well dried by the fire, and put to it a pound and half of loaf-Sugar sifted in a very fine sieve and dried: three pounds of Currans well washed and dried in a cloth and set by the fire: When your flour is well mixed with the Sugar and Currans, you must put in it a pound and half of unmelted butter, ten spoonfuls of Cream, with the yolks of three new-laid eggs beat with it, one Nutmeg, and if you please, three spoonfuls of Sack. When you have wrought your paste well, you must put it in a cloth, and set it in a dish before the fire, till it be through warm. Then make them up in little Cakes, and prick them full of holes; you must bake them in a quick Oven unclosed: Afterwards ice them over with Sugar. The Cakes should be about the bigness of a hands breadth, and thin, of the size of the Sugar Cakes sold at *Barrett*.

My Lord of Denbigh's Almond Marsh-malt.

Blanch either Nut-kernels from the husks in the best manner you can. Then put them with a due proportion of Sugar, and a little Orange-flower, or Rose-water. When it is in a fitting uniform paste, make it into round Cakes, about the bigness of your hand, or a little larger, and about a finger thick; and

and lay every one upon a fine paper cut fit to it ; which lay upon a table. You must have a pan like a *tourtierre*, made to contain coals on the top, that is flat, with edges round about to hold in the coals, which set over the Cakes, with fire upon it. Let this remain upon the Cakes, till you conceive it hath dried them sufficiently for once ; which may be within a quarter of an hour ; but you take it off two or three times in that time, to see you scorch not the outside, but only dry it a little. Then remove it to others that lie by them, and pull the papers from the first, and turn them upon new papers. When the others are dried enough, remove the pan back to the first, to dry their other side ; which being enough, remove it back to the second, that by this time are turned, and laid upon new papers. Repeat this turning the Cakes, and changing the pan, till they are sufficiently dry ; which you must not do all at once, lest you scorch them: and though the outside be dry ; the inside must be very moist and tender. Then you must ice them thus : Make a thick pap with Orange-flower or Rose-water, and purest white Sugar : a little of the whites of eggs, not above half a spoonful of that oyl of eggs, to a porringer full of thick pap ; beaten exceeding well with it, and a little juyce of Limons. Lay this smooth upon the Cakes with a knife, and smoothen it with a feather. Then set the pan over them to dry them. Which being if there be any unevenness, or cracks, or discolouring, lay on a little more of that Mortar, and dry it as before. Repeat this, till it be as clear, and smooth, and white, as you would have it. Then turn the other sides, and do the like to them. You must take care, not to scorch them : for then they would look yellow or red, and they must be pure, white, and smooth like silver

ver between polished and matte, or like a looking-glass. This Coat preserves the substance of the Cakes within, the longer moist. You may beat dissolved Amber, or essence of Cinnamon, with them.

To make Slip-cat Cheese:

According to the bigness of your moulds proportion your stroakings for your Cheese-curds. To six quarts of stroakings, take a pint of Spring-water; if the weather be hot, then let the water be cold, and before you put it into the stroakings, let them stand a while to cool after they are milked, and then put in the water, with a little Salt first stirred in it: and having stirred it well together, let it stand a little while, and then put in about two good spoonfuls of Runnet, stir it well together, and cover it with a fair linen cloth, and when it is become hard like a thick jelly, with a skimming-dish lay it gently into the moulds, and as it sinks down into the moulds, fill it still up again, till all be in, which will require some three or four hours time. Then lay a clean fine cloth into another mould of the same size, and turn it into it, and then turn the skirts of the cloth over it, and lay upon that a thin board, and upon that as much weight, as with the board may make two pound or thereabouts. And about an hour after, lay another clean cloth into the other mould, and turn the Cheese into that; then lay upon the board so much as will make it six or seven pound weight; and thus continue turning of it till night: then take away the weight, and lay it no more on it; then take a very small quantity of Salt finely beaten, and sprinkle the Cheese all over with it as slightly as can be
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imagined. Next morning turn it into another dry cloth, and let it lie out of the mould upon a plain board, and change it as often as it wets the cloth, which must be three or four times a day: when it is so dry, that it wets the cloth no more, lay it upon a bed of green rushes, and lay a row upon it; but be sure to pick the bents clean off, and lay them even all one way: if you cannot get good rushes, take nettles or grass. If the weather is cold, cover them with a linen and woollen cloth; in case you cannot get stroakings, take five quarts of new Milk, and one of Cream. If the weather be cold, heat the water that you put to the stroakings. Turn the Cheese every day, and put to it fresh of whatsoever you keep it in. They are usually ripe in ten days.

Another.

Master Phillipps his method and proportions in making Slip-coat Cheese, are these. Take six wine-quarts of stroakings, and two quarts of Cream; mingle these well together, and let them stand in a bowl, till they are cold. Then pour upon them three pints of boiling fair water, and mingle them well together; then let them stand, till they are almost cold, colder then milk-warm. Then put to it a moderate quantity of Runnet, made with fair water (not whey, or any other thing then water; this is an important point) and let it stand till it come. Have a care not to break the Curds, nor ever to touch them with your hands, but only with your skimming dish. In due time lade the Curds with the dish, into a thin fine napkin, held up by two persons, that the whey may run from them through the bunt of the Napkin, which you rowl gently about, that the Curds may dry without breaking. When the whey is well drained out, put the curds

as whole as you can into the Cheese-fat; upon a napkin in the fat. Change the Napkin, and turn the Cheese every quarter of an hour, and less, for ten, twelve, or fourteen times; that is, still as soon as you perceive the Napkin wet with the whey running from the curds. Then press it with a half pound weight for two or three hours. Then add half a pound more for as long time, then another half pound for as long, and lastly another half pound, which is two pounds in all; which weight must never be exceeded. The next day, (when about twenty four hours are past in all) salt your Cheese moderately with white Salt, and then turn it but three or four times a day, and keep it in a cotton cloth, which will make it mellow and sweet, not rank, and will preserve the coat smooth. It may be ready to eat in about twelve days. Some lay it to ripen in Dock-leaves, and it is not amiss; but that in rain they will be wet, which moulds the Cheese. Others in flat fit boxes of wood, turning them, as is said, three or four times a day. But a cotton cloth is best. This quantity is for a round large Cheese, of about the bigness of a sale ten penny Cheese, a good fingers breadth thick. Long broad grass ripeneth them well, and sucketh out the moisture. Rushes are good also. They are hot, but dry not the moisture so well.

My Lady of *Middlesex* makes excellent slip-coat Cheese of good morning milk, putting Cream to it. A quart of Cream is the proportion she useth to as much milk, as both together make a large round Cheese of the bigness of an ordinary Tart-plate, or Cheese-plate; as big as an ordinary soft Cheese, that the Market-women sell for ten pence. Thus for want of stroakings at *London*, you may take one part of Cream to five or six of morning Milk, and
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for the rest proceed as with stroakings; and these will prove as good.

Slip-coat Cheese.

Take three quarts of the last of the stroakings of as many Cows as you have; keep it covered, that it may continue warm; put to it a skimming dishful of Spring-water; then put in two spoonfuls of Runnet, so let stand until it be hard come: when it is hard come, set your fat on the bottom of a hair-sieve, take it up by degrees, but break it not; when you have laid it all in the fat, take a fine cloth, and lay it over the Cheese, and work it in about the sides, with the back of a Knife; then lay a board on it, for half an hour: after half an hour, set on the board an half pound stone, so let it stand two hours; then turn it on that board, and let the cloth be both under and over it, then put it into the fat again; then lay a pound and half weight on it: Two hours after turn it again on a dry cloth, and salt it; then set on it two pound weight, and let it stand until the next morning. Then turn it out of the Cheese-fat, on a dry board, and so keep it with turning on dry boards three days. In case it run abroad, you must set it up with wedges; when it begins to stiffen, lay green grass or rushes upon it: when it is stiff enough, let rushes be laid both under and over it. If this cheese be rightly made, and the weather good to dry it, it will be ready in eight days: but in case it doth not dry well, you must lay on it a linen cloth, and woollen upon it, to hasten the ripening of it.

To make a scalded Cheese.

Take six gallons of new milk, put to it two quarts of the evening Cream; then put to it good runnet for Winter Cheese; let it stand till it be even well, then sink it as long as you can get any Whey out: then put it into your fat, and set it in the press, and let it stand half an hour: in this time turn it once. When you take it out of the press, set on the fire two gallons of the same Whey: then put your Cheese in a big bowl, break the curd as small with your hands as you do your Cheese-cakes: when your Whey is scalding hot, take off the scum; lay your strainer over the curd, and put in your whey; take a slice, and stir up your curd, that it may scald all alike: put in as much whey as will cover it well; if you find that cold, put it out, and put in more to it that is hot. Stir it as before, then cover it with a linen and woollen cloth: then set some new whey on the fire, put in your Cheese-fat and butter and cloth: After three quarters of an hour, take up the curd, and put it into the Cheese-fat, as fast as two can work it in: then put it into the hot cloth, and set it in the Press. Have a care to look to it, and after a while turn it, and so keep it in the press with turning till the next day: then take it forth, and salt it.

The Cream Curds.

Strain your whey, and set it on the fire; make a clear and gentle fire under the kettle, as they rise, put in whey, so continuing, till they are ready to skim. Then take your skimmer, and put them on the bottom of a hair-sieve: so let them drain till they
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are cold. Then take them off, and put them into a basin, and beat them with three or four spoonfuls of Cream and Sugar.

Savory tosted or melted Cheese.

Cut pieces of quick, fat, rich, well tasted Cheese, (as the best of *Brye*, *Cheshire*, &c. or sharp thick Cream-cheese) into a dish of thick beaten melted Butter, that hath served for Sparages, or the like, or Pease, or other boiled Sallet, or ragout of meat, or gravy of Mutton: and if you will, chop some of the Asparages among it, or slices of Gambon of Bacon, or fresh collops, or Onions, or Sibboulets, or Anchovies, and set all this to melt upon a Chafing-dish of Coals, and stir all well together, to incorporate them; and when all is of an equal consistence, strew some gross white-pepper on it, and eat it with tosts or crusts of white-bread. You may scorch it at the top with a hot fire-shovel.

To feed Chickens.

First give them for two days, paste made of Barley meal and milk with clyster Sugar to scour them. Then feed them with nothing but hashed Raisins of the Sun. The less drink they have, the better it is: for it washeth away their fat; but that little they have, let it be broken beer; milk were as good or better; but then you must be careful to have it always sweet in their trough, and no sowreness there to turn the milk. They will be prodigiously fat in about twelve days: and you must kill them, when they are at their height; else they will soon fall back, and grow fat no more.

Others make their Paste of Barley-meal with
milk.

milk and a little coarse Sugar, and mingle with it a little (about an eighth part) of powder of green glass beaten very small. Give this only for two days to cleanse their stomachs. Then feed them with Paste of Barley-meal: made sometimes with Milk and Sugar, and sometimes with the fat skimmed off from the pot, giving them drink as above.

Others make a pretty stiff paste for them with Barley-meal (a little of the coarsest bran sifted from it) and the fat scummed off from the boiling pot, be it of Beef (even salted) or Mutton, &c. Lay this before them for their food for four days. Then give them still the same, but mingled with a little powder of glass for four or five days more. In which time they will be extremely fat and good. For their drink, give them the droppings of good Ale or good Beer. When you eat them, you will find some of the powder of glass in their stomachs, &c. gizzards.

To feed Poultry.

My Lady Fanshawe's way of feeding Capons, Pullets, Hens, Chicken or Turkies, is thus: Have Coops, wherein every Fowl is apart, and not room to turn in, and means to cleanse daily the ordure behind them, and two troughs; for before that, one may be scalding and drying the day the other is used, and before every Fowl one partition for meat, another for drink. All their meat is this: Boil Barley in water, till it be tender, keep some so, and another parcel of it boil with Milk, and another with strong Ale. Let them be boiled as wheat, that is dried. Use them different days for variety, to get the Fowl appetite. Lay it in their trough, with some brown Sugar mingled with it. In the

partition for liquor, let them have water or strong Ale to drink. They will be very drunk and sleep; then eat again. Let a candle stand all night over the Coop, and then they will eat much in the night. With this course they will be prodigiously fat in a fortnight. Be sure to keep them very sweet. This maketh the taste pure.

Another way of feeding Chickens.

Take Barley-meal, and with droppings of small Ale (or Ale it self) make it into a consistence of batter for Pan-cakes. Let this be all their food. Which put into the troughs before them, renewing it thrice a day, morning, noon, and evening; making their troughs very clean every time, and keeping their Coops always very clean and sweet. This is to serve them for drink as well as meat, and no other drink be given them. Feed them thus six days, the seventh give them nothing in their troughs but powder of brick searsed, which scowreth and cleanseeth them much, and makes their flesh exceeding white. The next day fall to their former food for six days more, and the seventh again to powder of brick. Then again to Barley-meal and Ale. Thus they will be exceeding fat in fifteen days, and purely white and sweet.

To fatten young Chickens in a wonderful degree.

Boil Rice in Milk till it be very tender and pulpy, as when you make milk potage. It must be thick, almost so thick that a spoon may stand an end in it. Sweeten this very well with ordinary Sugar. Put this into their troughs where they feed, that they may be always eating of it. It must be made fresh every,

every day. Their drink must be only milk ; in another little trough by their meat trough. Let a candle (sely disposed) stand by them all night ; for seeing their meat they will eat all night long. You put the Chicken up , as soon as they can feed of themselves ; which will be within a day or two after they are hatched, and in twelve days, or a fortnight, they will be prodigiously fat ; but after they are come to their height , they will presently fall back. Therefore they must be eaten as soon as they are come to their height. Their Pen or Coop must be contrived so , that the Hen (who must be with them, to sit over them) may not go at liberty to eat away their meat, but be kept to her own diet, in a part of the Coop that she cannot get out of. But the Chickens must have liberty to go from her to other parts of the Coop , where they may eat their own meat, and come in again to the Hen, to be warmed by her, at their pleasure. You must be careful to keep their Coop very clean.

To feed Chickens.

Fatten your Chicken the first week with Oatmeal scalded in Milk, the second with Rice and Sugar in Milk. In a fortnight they will be prodigiously fat. It is good to give them sometimes a little gravel, or powder of glass, to cleanse their maws, and give them appetite.

If you put a little bran with their meat , it will keep their maws clean, and give them appetite.

Another excellent way to fatten Chickens.

Boil white bread in Milk, as though you were to eat it ; but make it thick of the bread , which is

sliced into it in thin slices, not so thick as if it were to make a pudding ; but so , that when the bread is eaten out, there may some liquid Milk remain for the Chickens to drink ; or that at first you may take up some liquid Milk in a spoon, if you industriously avoid the bread : sweeten very well this potage with good Kitchen Sugar of six pence a pound ; so put it into the trough before them. Put there but a little at a time, (two or three spoonfuls) that you may not clog them , and feed them five times a day, between their wakening in the morning, and their roosting at night. Give them no other drink ; the Milk that remaineth after they have eaten the bread , is sufficient ; neither give them gravel, or ought else. Keep their Coops very clean, as also their troughs, cleaning them very well every morning. To half a dozen very little Chickens, little bigger then Black-birds, an ordinary porringer full every day may serve. And in eight days they will be prodigiously fat, one penny loaf, and less then two quarts of Milk , and about half a pound of Sugar will serve little ones the whole time. Bigger Chickens will require more, and two or three days longer time. When any of them are at their height of fat , you must eat them ; for if they live longer, they will fall back, and grow lean. Be sure to make their potage very sweet.

An excellent way to Cram Chickens.

Stone a pound of Raisins of the Sun , and beat them in a Mortar to pulp ; pour a quart of milk upon them, and let them soak so all night. Next morning stir them well together , and put to them so much crums of grated stale white bread as to bring it to a soft paste, work all well together, and lay

lay it in the trough before the Chicken (which must not be above six in a pen, and keep it very clean) and let a candle be by them all night. The delight of this meat will make them eat continually; and they will be so fat (when they are but of the bigness of a Black-bird) that they will not be able to stand, but lie down upon their bellies to eat.

To feed Partridges, that you have taken wild.

You must often change their food, giving them but of one kind at a time, that so their appetites may be fresh to the others, when they are weary of the present. Sometimes dry wheat; sometimes wheat soaked two or three days in water, to make it soft and tender; sometimes Barley so used; sometimes Oats in like manner. Give them continually to lie by them, some of the great green leaves of Cabbages, that grow at the bottom of the stalk, and that are thrown away, when you gather the Cabbage; which you may give them either whole or a little chopped. Give them often Ants and their eggs, laying near them the inward mould of an Ant-hill taken up with the Ants in it.

To make Puffs.

Take new milk curds, strained well from the Whey; then rub them very well; season them with Nutmeg, Mace, Rose-water and Sugar; then take an egg or two, a good piece of Butter, and a handful of flour; work all together, and make them into balls: bake them in an Oven upon sheets of paper: when they are baked, serve them up with butter melted and beaten with Rose-water and Sugar. Instead of flour, you may take fine grated bread, dried very well, but not crisp.

Apples in Gelly.

My Lady *Paget* makes her fine preserved Pippins thus: They are done best, when Pippins are in their prime for quickness, which is in *November*. Make your Pippin-water as strong as you can of the Apples, and that it may be the less boiled, and consequently the paler, put in at first the greatest quantity of pared and quartered Apples, the water will bear. To every pint of Pippin-water add (when you put the Sugar to it) a quarter of a pint of fair Spring-water, that will bear soap (of which fort only you must use) and use half a pound of Sugar, the purest double refined. If you will have much gelly, two Pippins finely pared and whole, will be enough; you may put in more, if you will have a greater proportion of substance to the gelly. Put at first but half the Sugar to the liquor, for so it will be the paler. Boil the Apples by themselves in fair water, with a very little Sugar, to make them tender; then put them into the liquor, and the rest, the other half of the Sugar with them. Boil them with a quick fire till they be enough, and the liquor do gelly; and that you see the Apples look very clear, and as though they were transparent. You must put the juyce of two Limons and half an Orange to this in due time. Every Pippin should be lapped over in a broad pill of Orange, which you must prepare thus. Pare your Orange broad and very thin, and all hanging together, rub it with Salt, prick it, and boil it in several waters, to take away the bitterness, and make it tender. Then preserve it by it self with sufficient quantity of Sugar. When it is thoroughly done, and very tender (which you must cast to do beforehand,

hand, to be ready when the Apples are ready to be put up) take them out of their Syrup, and lap every Pippin in an Orange-peel, and put them in to a pot or glass, and pour the liquor upon them; which will be gelly over and about the Apples, when all is cold. This proportion of liquor, Apples, and Orange-peels, will take up about three quarters of a pound of Sugar in all. If you would keep them any time, you must put in weight for weight of Sugar.

I conceive Apple-Johns instead of Pippins will do better, both for gelly and syrup; especially at the latter end of the year; and I like them thin sliced, rather than whole; and the Orange-peels scattered among them in little pieces or chips.

Syrup of Pippins.

Quarter and core your Pippins, then stamp them in a Mortar, and strain out the juyce. Let it settle, that the thick dregs may go to the bottom: then pour off the clear; and to have it more clear and pure, filter it through sacking paper in a glass funnel. To one pound of this take one pound and an half of pure double refined Sugar, and boil it very gently (scarce simpringly, and but a very little while) till you have scummed away all the froth and foulness (which will be but little) and that it be of the consistence of Syrup. If you put two pound of Sugar to one pound of juyce, you must boil it more and stronglier. This will keep longer, but the colour is not so fine. It is of a deeper yellow. If you put but equal parts of Juyce and Sugar, you must not boil it, but set it in a *Cucurbita in bulliente Balneo*, till all the scum be taken away, and the Sugar well dissolved. This will be very pale and pleasant, but will not keep long.

You may make your Syrup with a strong decoction of Apples in water (as when you make gelly of Pippins) when they are green; but when they are old and mellow, the substance of the Apple will dissolve into pap, by boiling in water.

Take three or four spoonfuls of this Syrup in a large draught of Fountain-water, or small Posset-Ale, *pro ardore urinae*, to cool and smoothen two or three times a day.

Gelly of Pippins or John Apples.

Cut your Apples into quarters (either pared or unpared.) Boil them in a sufficient quantity of water, till it be very strong of the Apples. Take the clear liquor, and put to it sufficient Sugar to make gelly, and the slices of Apples; so boil them all together, till the slices be enough, and the liquor gelly; or you may boil the slices in Apple-liquor without Sugar, and make gelly of other liquor, and put the slices into it, when it is gelly, and they be sufficiently boiled. Either way, you must put at the last some juyce of Limon to it; and Amber and Musk if you will. You may do it with halves or quartered Apples, in deep glasses, with store of gelly about them. To have these clear, take the pieces out of the gelly they are boiled in, with a slice, so as you may have all the rags run from them, and then put neat clean pieces into clear gelly.

Preserved Wardens.

Pare and core the Wardens, and put a little of the thin rind of a Limon into the hole that the core leaveth. To every pound of Wardens, take half a pound of Sugar, and half a pint of water. Make a
syrup.

syrup of your Sugar and Water ; when it is well scummed, put it into a Pewter dish, and your Wardens into the syrup, and cover it with another pewter dish ; and so let this boil very gently, or rather stew, keeping it very well covered, that the steam get out as little as may be. Continue this, till the Wardens are very tender, and very red, which may be in five, or six, or seven hours. Then boil them up to the height the syrup ought to be to keep ; which yet will not be well above three or four months. The whole secret of making them red, consisteth in doing them in pewter, which spoileth other preserves ; and in any other metal these will not be red. If you will have any Amber in them, you may to ten or twelve pound of Wardens, put in about twenty grains of Amber, and one, or at most, two grains of Musk, ground with a little Sugar, and so put in at the last. Though the Wardens be not covered over with the syrup in the stewing by a good deal, yet the steam that riseth and cannot get out, but circulateth, will serve both to stew them, and to make them red and tender.

Sweet meat of Apples.

My Lady *Bartley* makes her fine Apple-gelly with slices of John Apples ; sometimes she mingles a few Pippins with the Johns to make the gelly. But she liketh best the Johns single, and the colour is paler. You first fill the glass with slices roundwise cut, and then the gelly is poured in to fill up the vacuities. The gelly must be boiled to a good stiffness. Then when it is ready to take from the fire, you put in some juyce of Limon, and of Orange too if you like it ; but these must not boil : yet it must stand a while upon the fire stewing in good heat,

heat, to have the Juices incorporate and penetrate well. You must also put in some Ambergreece, which doth exceeding well in this sweet-meat.

A Flemery Caudle.

When Flemery is made and cold, you may make a pleasant and wholesom caudle of it, by taking some lumps and spoonfuls of it, and boil it with Ale and White-wine, then sweeten it to your taste with Sugar. There will remain in the Caudle some lumps of the congealed flemery, which are not ungrateful.

Pleasant Cordial Tablets which are very comforting, and strengibin nature much.

Take four ounces of blanched Almonds, of Pine-kernels, and of Pistachies, *ana*, four ounces; Eringo-roots, candid Limon-peels, *ana*, three ounces, candid Orange-peels two ounces, candid Citron-peels four ounces, of powder of white Amber, as much as will lie upon a shilling; and as much of the powder of Pearl, twenty grains of Ambergreece, three grains of Musk, a book of leaf-Gold, Cloves and Mace, of each as much as will lie upon a three pence; cut all these as small as possible you can. Then take a pound of Sugar, and half a pint of water, boil it to a candy-height, then put in the Ambergreece and Musk, with three or four spoonfuls of Orange-flower water. Then put in all the other things, and stir them well together, and cast them upon plates, and set them to dry: when both sides are dry, take Orange-flower water and Sugar, and ice them.

To make Harts-horn Gelly.

Take four ounces of Harts-horn rasped, boil it in four pound of water, till it will be a gelly, which you may try upon a plate (it will be so, in four, or five, or six hours gentle boiling) and then pass the clear liquor from the horn (which will be a good quart) then set it on the fire again with fine Sugar in it to your taste; when that is dissolved (or at the same time you put that in) put half a pound of White-wine or Sack into it, and a bag of Spice, containing a little Ginger, a stick of Cinnamon bruised, a Nutmeg quartered, two or three Cloves, and what other Spice you like, but Pepper. As soon as it beginneth to boil, put into it the whites of three or four eggs beaten, and let it boil up gently, till the eggs harden into a curd. Then open it with a spoon, and pour into it the juyce of three or four good Limons; then take it presently off the fire, letting it not boil more above a walm: Then run it through a Hippocras bag, putting spirit of Cinnamon, or of Ambergreece, or what you please to it.

For gelly of flesh you proceed in the same manner, with a brawny Capon or Cock, and a rouelle of Veal (first skinned, and soaked from the blood) instead of Harts-horn; and when the broth will gelly, do as above, using a double or treble proportion of Wine. Boil no salt in it at first, for that will make the gelly black.

Harts-burn Gelly.

Take a pound of Harts-horn, and boil it in five quarts of water, until it come to three pints, then strain

strain it through a sieve or strainer, and so let it stand until it be cold; and according to the strength you may take more or less of the following ingredients. First take your stock of gelly, and put it into a skillet or pipkin with a pound of fine loaf Sugar, and set it over a fire of Charcoal; and when it begins to boil, put in a pint or more of Rhenish-wine. Then take the whites of eggs six or eight, beaten very well, with three or four spoonfuls of Rose-water, and put into the gelly. Then take two grains of Amber, and one grain of Musk, and put thereto; so let it boil a quarter of an hour, but not too violent: Then put in three or four spoonfuls of Cinnamon-water, with the juyce of seven or eight Limons: boil it one walm more, and run it very hot through your gelly bag; this done, run it again as cool and softly as you can into your glasses and pots.

Another.

Take a pound of Harts-horn; and a pretty big lean Cbicken, and put it into a skillet with about nine quarts of water, and boil your stock pretty stiff, so that you may cut it with a knife; you may try it in a spoon, as it is a boiling. Then drain your liquor clear away from the Harts-horn through a fine searse, and let it stand until the next morning. Then if there be any fat upon it, pare it away, and likewise the settlings at the bottom. Then put your gelly into a good big skillet, and put to it a quart of the palest White-wine that you can procure, or a quart of Rhenish-wine, and one pound of double refined Sugar, and half an ounce of Cinnamon broken into small pieces, with three or four flakes of Mace. Then set it upon the fire, and boil it

it a good pace. Then have the whites of sixteen eggs beaten to a high froth ; so put in the froth of your eggs, and boil it five or six walms ; then put in the juyce of six Limons, and boil it a little while after, and then run it into a silver basin through your gelly bag ; and keep it warm by the fire until it have run through the second time. You must observe to put but a very little into your bag at a time for the second running, that it may but little more then drop ; and it will be so much the clearer : and you must not remove the whites of eggs, nor Spice out of the bag, all the while it is running. And if the weather be hot, you need not put in so much Wine ; for it will not then be so apt to gelly as in cold weather.

Another way to make Harts-horn Gelly.

Take a small Cock-chick, when it is scalded slit it in two pieces, lay it to soak in warm water, until the blood be well out of it. Then take a Calves foot half boiled, slit it in the middle and pick out the fat and black of it. Put these into a gallon of fair water ; skim it very well ; then put into it one ounce of Harts-horn, and one ounce of Ivoty. When it is half consumed, take some of it up in a spoon, and if it gelly, take it all up, and put it into a silver basin, or such a pewter one as will endure Charcoal. Then beat four whites of eggs, with three or four spoonfuls of Damask Rose-water very well together. Then put these into the gelly, with a quarter of an ounce of Cinnamon broken into very small pieces ; one flake of Mace, three or four thin slices of Ginger ; sweeten it with loaf-Sugar to your liking ; set it then over a Chafing-dish of Coals, stir it well and cover it close :

close blow under it until there arise a scum of curd; let it boil a little; then put into it one top of Rosemary, two or three of Sweet-marjoram; wring into it the juyce of half a Limon: let not your curd fall again, for it will spoil the clearness of the gelly. If you will have it more cordial, you may grind in a saucer, with a little hard Sugar, half a grain of Musk, a grain of Ambergreece. It must be boiled in an earthen pipkin, or a very sweet Iron pot, after the Harle-horn and Ivory is in it. It must constantly boil, until it gellieth. If there arise any scum, it must be taken off.

Marmelade of Pippins.

Take the quickest pippins when they are newly gathered, and are sharp; pare, and core, and cut them into half quarters; put to them their weight of the finest Sugar in powder, or broken into little pieces. Put upon these in your preserving-pan, as much Fountain-water as will even cover them. Boil them with a quick fire, till by frying a little upon a plate, you find it gellieth. When it is cold (which may be in less then half an hour) then take it from the fire, and put into it a little of the yellow rind of Limons rasped very small, and a little of the yellow rind of Oranges boiled tender (casting away the first waters to correct their bitterness) and cut into narrow slices (as in the gelly of Pippins) and some Ambergreece, with a fourth part of Musk, and break the Apples with the back of your preserving spoon, whiles it cooleth. If you like them sharper, you may put in a little juyce of Limon, a little before you take the pan from the fire. When it is cold, put it into pots. This will keep a year or two.

Try if the juyce of Apples (strained out of rasped

ped Apples) in such sort, as you make Marmalate of Quinces, with the juyce of Quinces, would not be better than fair water, to boil your Apples and Sugar in.

Gelly of Quinces.

My last gelly of Quinces I made thus. The Quinces being very ripe, and having been long gathered, I took the flesh of twelve Quinces in quarters, and the juyce of fifteen or sixteen others, which made me two pound of juyce; and I made a strong decoction of about twenty four others, adding to these twenty four (to make the decoction the stronger and more slimy) the cores and parings of the twelve in quarters; and I used the cores sliced and parings of all these. All this boiled about an hour and half in eight or ten pound of water; then I strained and pressed out the decoction (which was a little viscous, as I desired) and had between four and five pound of strong decoction. To the decoction and Syrup, I put three pound of pure Sugar, which being dissolved and scummed, I put in the flesh, and in near an hour of temperate boiling (covered) and often turning the quarters, it was enough. When it was cold, it was store of firm clear red gelly; environing in great quantity the quarters, that were also very tender and well penetrated with the Sugar. I found by this making, that the juyce of Quinces is not so good to make gelly. It maketh it somewhat running like syrup, and tasteth sweetish, mellowy, syrupy.

The decoction of the flesh is only good for syrup. I conceive, it would be a grateful sweet-meat to mingle a good quantity of good gelly with the Marmalate, when it is ready to put into pots. To
 that

that end they must both be making at the same time: or if one be a little sooner done then the other, they may be kept a while warm (fit to mingle) without prejudice. Though the gelly be cold and settled, it will melt again with the warmth of the Marmulate, and so mingle with it, and make a Marmulate, that will appear very gellyish; or peradventure it may be well to fill up a pot or glass with gelly, when it is first half filled with Marmulate a little cooled.

Preserved Quinces with Gelly.

When I made Quinces with gelly, I used the first time these proportions; of the decoction of Quinces three pound, of Sugar one pound three quarters; flesh of Quinces two pound and a half: The second time these, of decoction two pound and an half, Sugar two pound and a quarter, of flesh two pound three quarters. I made the decoction by boiling gently each time a dozen or fourteen Quinces in a pottle of water, an hour and a half or two hours; so that the decoction was very strong of the Quinces. I boiled the parings (which for that end were pared very thick, after the Quinces were well wiped) with all the substance of the Quinces in thick slices, and part of the core (excepting all the kernels) and then let it run through a loose napkin, pressing gently with two plates, that all the decoction might come out; but be clear without any flesh or mash. The first making I intended should be red; and therefore both the decoction, and the whole were boiled covered, and it proved a fine clear red. This boiled above an hour, when all was in. The other boiled not above half an hour, always uncovered (as also in making his decoction) and the gelly was of a fine pale yellow.

I first did put the Sugar upon the fire with the decoction, and as soon as it was dissolved, I put in the flesh in quarters and halves, and turned the pieces often in the pan; else the bottom of such as lay long unturned, would be of a deeper colour than the upper part. The flesh was very tender and good. I put some of the pieces into Jar-glasses (carefully, not to break them) and then poured gelly upon them. Then more pieces; then more gelly, &c. all having stood a while to cool a little.

To make fine white Gelly of Quinces.

Take Quinces newly from the tree, fair and sound, wipe them clean, and boil them whole in a large quantity of water, the more the better, and with a quick fire, till the Quinces crack and are soft, which will be in a good half hour, or an hour. Then take out the Quinces, and press out their juyce with your hands hard, or gently in a press through a strainer, that only the clear liquor or juyce run out, but none of the pap, or solid and fleshy substance of the Quinces. (The water they were boiled in you may throw away.) This liquor will be slimy and mucilaginous, which proceedeth much from the seeds that remaining within the Quinces, do contribute to making this liquor. Take three pound of it, and one pound of fine Sugar, and boil them up to a gelly, with a moderate fire; so that they boil every where, but not violently. They may require near an hours boiling to come to a gelly. The trial of that is, to take a tin or silver plate, and wet it with fair water, and drop a little of the boiling juyce upon the wet plate; if it stick to the plate, it is not enough; but if it fall off (when you slope the plate) with-

Q out

out sticking at all to it, then is it enough : and then you put it into flat shallow tin forms, first wetted with cold water, and let it stand in them four or five hours in a cold place, till it be quite cold. Then reverse the plates, that it may shale and fall out, and so put the parcels up in boxes.

Note, you take Fountain-water, and put the Quinces into it, both of them being cold. Then set your kettle to boil with a very quick fire that giveth a clear smart flame to the bottom of the kettle, which must be uncovered all the while, that the gelly may prove the whiter : and so likewise it must be whiles the juyce or expression is boiling with the Sugar, which must be the finest, that it may not need clarifying with an egg ; but that little scum that riseth at the sides at the beginning of moderate boiling must be scummed away. You let your juyce or expression settle a while, that if any of the thick substance be come out with it, it may settle to the bottom ; for you are to use for this only the clear juyce ; which to have it the clearer, you may let it run through a large thin, open strainer without pressing it. When you boil the whole Quinces you take them out, to strain them as soon as their skins crack, and that they are quite soft ; which will not happen to them all at the same time, but according to their bigness and ripeness. Therefore first take out and press those that are ready first ; and the rest still as they grow to a fit state to press. You shall have more juyce by pressing the Quinces in a torcular, but it will be clearer, doing it with your hands : both ways you lay them in a strainer.

White Marmalade, the Queens way.

Take a pound and an half of flesh of Quinces
sliced,

sliced, one pound of Sugar, and one pound of liquor (which is a decoction made very strong of Quinces boiled in fair water.) Boil these with a pretty quick fire, till they be enough, and that you find it gellieth. Then proceed as in my way.

My Lady of Bath's way.

Take six pounds of flesh of Quinces, and two pound of Sugar moistened well with juyce of Quinces. Boil these together in a fix kettle; first gently, till the liquor be sweated out from the Quince, and have dissolved all the Sugar; then very quick and fast, proceeding as in my way, (bruising the Quinces with a spoon, &c.) till it be enough. This will be very fine and quick in taste; but will not keep well beyond Easter. In this course you may make Marmalade without any juyce or water (by the meet sweating of the flesh) if you be careful, proceeding slowly till juyce enough be sweated out, lest else it burn to; and then quick, that the flesh may be boiled enough, before the moisture be evaporated away.

Paste of Quinces.

Take a quart of the juyce of Quinces, and when it is on the fire, put into it pared, quartered, and cored as much Quince as the juyce will cover; when it is boiled tender, pass the liquor through a sieve, and put the pulp into a stone Mortar, and beat it very fine with a wooden pestle; then weigh it, and to every pound of pulp, take a quarter of a pound of loaf-Sugar, and boil it up to a candy height in some of the juyce, which you passed through the sieve; then put therein your pulp,

Q 2

stirring

stirring it well together, till it hath had one boile and no more: then drop it on glasses, or spread it on plates, and set it to dry.

Into the juyce that remains, you may put more flesh of Quinces, and boile it tender, doing all as at the first. Then adding it (beaten to pulp in a Mortar) unto the former pulp; repeating this, till you have taken up all your juyce. Then put your proportion of Sugar to the whole quantity of pulp, and so make it up into paste, and dry it, and sometimes before a gentle fire, sometimes in a very moderate stove.

Paste of Quinces with very little Sugar.

To one pound of flesh or solid substance of Quinces (when they are pared, cored, and quartered,) take but a quarter of double refined Sugar. Do thus, scald your flesh of Quinces in a little of the juyce of other Quinces, that they may become tender, as if they were codled. Then beat them in a Mortar to a subtile uniform smooth pulp (which you may pass through a sarse.) In the mean time let your Sugar be dissolved, and boiling upon the fire. When it is of a Candy-height, put the pulp of Quince to it, and let it remain a little while upon the fire, till it boil up one little puff or bubbling, and that it is uniformly mixed with the Sugar; you must stir it well all the while. Then take it off, and drop it into little Cakes, or put it thin into shallow glasses, which you may afterwards cut into slices. Dry the Cakes and slices gently and by degrees in a stove, turning them often. These will keep all the year, and are very quick of taste.

Another Paste of Quinces.

Put the Quinces whole into scalding water, and let them boil there till they be tender; then take them out and peel them, and scrape off the pulp, which pass through a strainer: and when it is cold enough, to every pound put three quarters of a pound of double refined Sugar in subtile powder; work them well together into an uniform paste; then make little Cakes of it, and dry them in a stove. If you would have the Cakes red, put a little (very little; the colour will tell you when it is enough) of juyce of Barberries to the paste or pulp. You have the juyce of Barberries thus: Put them ripe into a pot over the fire, till you see the juyce sweat out. Then strain them, and take the clear juyce. If you would have the paste tarter, you may put a little juyce of Limons to it.

A pleasant gelly in the beginning of the Winter is made of Pearmain, Pippins, and juyce of Quinces. Also a Marmulate made of those Apples, and juyce of Quinces, is very good.

A smoothening Quiddany or Gelly of the Cores of Quinces.

Take only the cores, and slice them thin, with the seeds in them. If you have a pound of them, you may put a pottle of water to them. Boil them till they be all mash, and that the water hath drawn the Mucilage out of them, and that the decoction will be a gelly, when it is cold. Then let it run through a wide strainer or fit colander (that the gross part may remain behind, but all the sliminess go through) and to every pint of liquor take

about half a pound of double refined Sugar, and boil it up to a gelly. If you put in a little juyce of Quinces, when you boil it up, it will be the quicker.

You may also take a pound of the flesh of Quinces (when you have not cores enow, to make as much as you desire) and one ounce of seeds of other Quinces, and boil them each apart, till the one be a strong decoction; the other a substantial mucilage. Then strain each from their coarse faces; and mingle the decoctions, and put Sugar to them, and boil them up to a gelly.

Or with the flesh and some juyce of Quinces, make Marmulate in the ordinary way; which whiles it is boiling, put to it the mucilage of the seeds to incorporate it with the Marmulate. You may take to this a less proportion of Sugar than to my Marmulate.

Marmulate of Cherries.

Take four pound of the best Kentish Cherries before they be stoned, to one pound of pure loaf-Sugar, which beat into small powder; stone the Cherries, and put them into your preserving pan over a gentle fire, that they may not boil, but resolve much into liquor. Take away with the spoon much of the thin liquor, (for else the Marmulate will be gluy) leaving the Cherries moist enough, but not swimming in clear liquor. Then put to them half your Sugar, and boil it up quick, and scum away the froth that riseth. When that is well incorporated and clear, strew in a little more of the Sugar, and continue doing so by little and little, till you have put in all your Sugar; which course will make the colour the finer. When they are boiled enough, take them off, and bruise them with the

the back of a spoon; and when they are cold, put them up in pots.

You may do the same with Morello-Cherries, which will have a quicker taste, and have a pure, shining, dark colour.

Both sorts will keep well all the year.

Marmalade of Currans with Juycce of Raspes and Cherries.

Mingle juycce of Raspes and red Currans, with the stoned Cherries, and boil this mixture into Marmalade, with a quarter, or at most, a third part of Sugar. The juyces must be so much as to make gelly of them to mingle handsomly with the Cherries, to appear among and between them.

Madam Plancy (who maketh this sweet-meat for the Queen) useth this proportion; Take three pounds of Cherries stoned, half a pound of clear juycce of Raspes, and one pound of the juycce of red Currans, and one pound of fine Sugar: Put them all together into the preserving pan; boil them with a quick fire, especially at the first, skimming them all the while, as any scum riseth. When you find them of a fit consistence, with a fine clear gelly, mingled with the Cherries, take the preserving pan from the fire, and bruise the Cherries with the back of your preserving spoon; and when they are of a fit temper of coolness, put them up.

Peradventure, to keep all the year, there may be requisite a little more Sugar.

To make an excellent Syrup of Apples.

Slice a dozen or twenty Pippins into thin slices, and lay them in a deep dish, *stratum super stratum,* with

with pure double refined Sugar in powder. Put two or three Spoonfuls of water to them, and cover them close with another dish, luting their joyning nothing may expire. Then set them into an Oven. And when you take out the dish, you will have an excellent Syrup, and the remaining substance of the Apples will be insipid.

You may proceed with Damsons, or other plums in the same manner, and you will have excellent stewed Damsons, (as fair as preserved ones) swimming in a very fine syrup.

Sweet-meats of my Lady Windebanks.

She maketh the paste of Apricocks (which is both very beautiful and clear, and tasteth most quick of the fruit) thus. Take six pound of pared and sliced Apricocks, put them into a high pot, which stop close, and set it in a kettle of boiling water, till you perceive the flesh is all become an uniform pulp; then put it out into your preserving pan or posnet; and boil it gently till it be grown thick, stirring it carefully all the while. Then put two pound of pure Sugar to it, and mingle it well, and let it boil gently, till you see the matter come to such a thickness and solidity, that it will not stick to a plate. Then make it up into what form you will. The like you may do with Raspes or Currans.

It is a pleasant and beautiful sweet-meat to do thus: Boil Raspes in such a pot, till they be all come to such a liquor; then let the clear run through a strainer; to a pound, or English Wine-pint whereof, put a pound of red Currans (first stoned and the black ends cut off) and a pound of Sugar. Boil these till the liquor be gelled. Then put

put it in glassess. It will look like Rubies in clear gelly. You may do the like with Cherries either stoned, and the stalks cut off, or three or four capped upon one stalk, and the stone left in the first, and boiled in liquor of Rasps.

She makes her curious red Marmulate thus: take six pound of Quince flesh, six pounds of pure Sugar, and eight pints of juyce; boil this up with quick fire, till you have scummed it; then pull away all the Coals, and let it but simmer, for four or five hours, remaining cover'd, renewing from time to time so little fire, as to cause it so to continue simpring. But as soon as it is scummed, put into it a handful of Quince-kernels, two races of Ginger sliced, and fourteen or fifteen Cloves whole; all these put into a Tiffany-bag tied fast; when you find that the colour is almost to your mind, make a quick fire, and boil it up apace; then throw away your bag of kernels, Ginger, and Cloves, and pot up your Marmulate, when it is cool enough.

She makes her red gelly of Quinces thus: Put the Quinces pared and sliced into a pot, as above; and to every pound of this flesh put about half a demistier of fair water, and put this into a kettle of boiling water, till you perceive all the juyce is boiled but of the Quince. Then strain it out, and boil this liquor (which will not yet be clear) till you perceive it gellieth upon a plate. Then to every pint of liquor put a pound of Sugar, and boil it up to a gelly, skimming it well, as the scum riseth, and you will have a pure gelly.

Gelly of Red Currants.

Take them clean picked, and fresh gathered in the morning, in a basin, set them over the fire, that their joyce may sweat out, pressing them all the while with the back of your preserving spoon, to squeeze out of them all that is good. When you see all is out, strain the liquor from them, and let it stand to settle four or five hours, that the gross matter may sink to the bottom. Then take the pure clear, (the thick settling will serve to add in making of Marmalade of Cherries, or the like) and to every pint or pound of it, put three quarters of a pound of the purest refined Sugar, and boil them up with a quick fire, till they come to a gelly height (which will be done immediately, in less then a quarter of an hour) which you may try with a drop upon a plate. Then take it off, and when it is cold enough, put it into glasses. You must be careful to skim it well in due time, and with thin brown paper to take off the froth, if you will be so curious.

Gelly of Currants, with the fruit whole in it.

Take four pound of good Sugar, clarify it with whites of eggs; then boil it up to a candid height (that is, till throwing it, it goeth into flakes.) Then put it into five pound (or at discretion) of pure joyce of red Currants first boiled to clarify it by skimming it. Boil them together a little while, till it be well scummed, and enough to become gelly. Then put a good handful or two of the berries of Currants whole, and cleansed from the stalks and black end, and boil them a little till they be enough.

You

You need not to boil the juyce, before you put it to the Sugar, and consequently do not scum it before the Sugar and it boil together: but then scum it perfectly; and take care before, that the juyce be very clear and well strained.

Marmulate of Red Currans.

Take some juyce of red Currans, and put into it a convenient proportion of some entire Currans cleansed from the stalks and buttons at the other end. Let these boil a little together. Have also ready some fine Sugar boiled to a candy height. Put of this to the Currans at discretion, and boil them together, till they be enough; and bruise them with the back of your spoon, that they may be in the consistence of Marmulate (like that of Cherries) which put in pots, when it is cool enough. You do not stone the whole Currans put into the juyce, unless you please.

Sucket of Mallow Stalks.

To candy or preserve the tender stalks of Mallows, do thus; Take them in the Spring, when they are very young and tender, and peel off the strings that are round about the outside, as you do French beans, and boil them, till they are very tender. In the mean time prepare a high syrup of pure Sugar, and put the boiled stalks into it, whiles it is boiling hot, but taken from the fire. Let them lie soaking there till the next morning. Then take out the stalks, and heat the syrup again scalding hot, and return the stalks into it, letting them lie there till next morning: (Note, that the stalks must never boil in the syrup,) Repeat this six, or eight, or nine times, that is to say, till they are sufficiently imbedded

bed with the Syrup. When they are at this pass, you may either keep them as a wet sucket in syrup, or dry them in a stove upon papers, turning them continually, in such sort as dried sweet-meats are to be made. I like them best dry, but soft and moist within (*Medullosi*) like candid Eringoes. In *Italy* they eat much of them, for sharpness and heat of Urine, and in *Guatemala's* to take away pain in Urining.

A Sucket is made in like manner of the carneous substance of stalks of Lettuce. It is the knob, out of which the Lettuce groweth; which being pared, and all the rough rind being taken off, is very tender, and so it is a pretty way downwards the root. This also is very cooling and smoothing.

In *Italy* these tender stalks of Mallows are called *Mazzetti*, and they eat them (boiled tender) in Sallets, either hot or cold, with Vinegar and Oyl, or Butter and Vinegar, or juyce of Oranges.

Conserve of Red Roses.

Doctor *Glisson* makes his conserve of red Roses thus: Boil gently a pound of red Rose-leaves (well picked, and the nails cut off) in about a pint and a half (or a little more, as by discretion you shall judge fit, after having done it once: The Doctors Apothecary takes two pints) of Spring-water; till the water have drawn out all the tincture of the Roses into it self, and that the leaves be very tender, and look pale like linen; which may be in a good half hour, or an hour, keeping the pot covered while it boileth. Then pour the tinted liquor from the pale leaves (strain it out, pressing it gently, so that you may have liquor enough to dissolve your Sugar) and set it upon the fire by it self to boil,

boil, putting into it a pound of pure double refined Sugar in small powder ; which as soon as it is dissolved, put in a second pound ; then a third, lastly a fourth ; so that you have four pound of Sugar to every pound of Rose-leaves. (The Apothecary useth to put all the four pounds into the liquor altogether at once.) Boil these four pounds of Sugar with the tinted liquor, till it be a high Syrup, very near a candy height, (as high as it can be, not to flake or candy) Then put the pale Rose-leaves into this high Syrup, as it yet standeth upon the fire, or immediately upon the taking it off the fire. But presently take it from the fire, and stir them exceeding well together, to mix them uniformly ; then let them stand till they be cold, then pot them up. If you put up your Conserve into pots, whiles it is yet thoroughly warme, and leave them uncovered some days, putting them in the hot Sun or Stove, there will grow a fine candy upon the top, which will preserve the Conserve without paper upon it, from moulding, till you break the candid crust, to take out some of the Conserve.

The colour both of the Rose-leaves and the Syrup about them, will be exceeding beautiful and red, and the taste excellent ; and the whole very tender and smoothing, and easie to digest in the stomach without clogging it, as doth the ordinary rough Conserve made of raw Roses beaten with Sugar, which is very rough in the throat. The worst of it is, that if you put not a paper to lie always close upon the top of the Conserve, it will be apt to grow mouldy there on the top ; especially *après que le pot est enapé.*

The Conserve of Roses, besides being good for Colds and Coughs, and for the Lungs, is exceeding good for sharpness and heat of Urine, and sore-
ness

neck of the Bladder, eaten much by it self, or drunk with Milk, or distilled water of Mallows, and Plantain, or of Milk.

Another Conserve of Roses.

Doctor Bacon related to me, that Mr. Minio the Roman Apothecary made him some Conserve of Roses in this manner. He took twelve pounds (of sixteen ounces to the pound) of the best lump or Kitchen Sugar, and clarified it very well with whites of eggs, using Spring-water in doing this. He made his reckoning, that his twelve pound of Sugar came to be but nine pound, when all the scum was taken away, and the Sugar perfectly clarified. Boil it then to a syrup, and when it is about half-boiled, go roundly about your Rose-leaves. They must be picked, and the white nails cut off beforehand; but begin not to beat them before your syrup is half-boiled. Then put thirty ounces (which is two pound and an half) of Roses to every pound of such Sugar) of your red Roses into the Mortar, and beat them well, squeezing into them as you beat them, some of the subtilest and best part (which comes out first) of about two Limons, which brings out their colour finely. You must have finished beating your Roses, by then the Sugar is come by boiling to a high syrup (for if you should let them lie still in the Air, but a little while, they would grow black, and of ill colour) then with your ladle put the Roses to the Sugar, and stir them very well in it, to incorporate all well and uniformly together. So let them boil on gently (for all this while you take not your preserving pan from the fire) and a thick scum of the Roses will rise, which you scum off from time to time continually.

as it comes up, and reserve this in a pot by it self; for it will be good hard Sugar of Roses, and may be about an eighth or ninth part of the whole. After it is clear from scum, and hath boiled near a quarter of an hour with the Roses in it, and that you see by a drop upon a plate, that it is of a due consistence, take your pan from the fire, and stir all very well together, and put it into pots, which leave uncovered during ten or twelve days, setting them in the hot strong Sun all the day long during that time, to give the Roses a fine hard crust or candy at the top; but under it, in the substance of the matter, it will be like a fine clear syrups gelly. If the Sun favour you not, then you may use a Stove. After twelve days, tie covers of paper upon the pots.

Doctor *Bacchus* useth to make a pleasant Julap of this Conserve of Roses, by putting a good spoonful of it into a large drinking glass or cup, upon which squeeze the juice of a Limon, and chop in unto it a little of the yellow rind of the Limon; work these well together with the back of a spoon, putting water to it by little and little, till you have filled up the glass with Spring-water: to drink in. He sometimes passeth it through an Hippocras bag, and then it is a beautiful and pleasant liquor.

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